

QUICK TIME CALCULATOR

There are 128 hours in a week: 56 hours sleeping + 56 hours working + 56 hours to do whatever you want. Most people have a variance of hours in at least one of those columns, but I do recommend keeping your sleep/rest time at 56 hours, even if you don't sleep 8 hours per night. This builds in a bit of R&R for you, even if it's during the day.

Write down the hours you typically sleep and work each day of the week. Total up each column at the bottom of the list.

	Sleep (56 hours minimum/week)	Work
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total	(ex: 56)	(ex: 40)
Add them together:	(ex: 56 + 40 = 96)	
Subtract your answer from 128	(ex: 128 - 96 = 32)	

Write down all your necessary activities by the day, and how much time each of them takes.

Make sure that you're honest with yourself about what you have to do and exactly how much time it takes to get it done – this is not a to-do list, it's a list of things that *always* take up your time. If something only takes 20 minutes, don't round up or down. It's 20 minutes.

(ex: 32 hours)	Free Time: total hours	
		Add the minutes and hours up by day --->
Free hours broken down by the day:	Things that “have” to be done (ex: chores, family time, sports, kids activities, errands)	
Monday		
Tuesday		
Wednesday		

Thursday			
Friday			
Saturday			
Sunday			
Total Hours Spent:			
Subtract it from your total in the purple box:			

Congrats! The number in the pink box is how many hours you have left in a given week to do whatever you'd like. How are you using those hours? Are you working toward your goals? Are you wasting precious time doing busy work? Or are you just wasting time?

---> Did you get negative hours? Then you're in burnout zone and sacrificing your sleep or working crazy hours, or both. If neither of those apply, go back and recheck your numbers, and make sure you aren't listing things you'd like to have time for (but rarely do).

If your numbers are right, and you're a little disturbed by what you've learned here, you have a decision to make:

- You can keep churning away in the burnout zone until you snap or have a mental breakdown
- You can keep letting time slip away, and doing things like you've always done them (let's be honest – if you really wanted this, you wouldn't be here right now.)
- Or you can schedule a free call with me and we'll get this handled, ASAP – so you can have more time with your family, more time to do the things you love, and stop wasting time on things that don't matter.

<https://bit.ly/2SfkjMd>

Changing something is not hard – getting rid of old patterns is hard. That's why you just need a little push in the right direction. I'm here for YOU. You've got this! Schedule your free call now, and watch how fast your life changes.

<https://bit.ly/2SfkjMd>

Peace and Prosperity,

Crysta