IDEA Sheet

What are you doing with ALL your free time?

Let's focus on Free time. While there is no such thing as free time, think of the costs to you of where you spend your time. First an inventory, then we will explore if these activities are filling you up OR are they taking you away from your life?

In a typical day I spend
_____hours sleeping (or in bed in sleep related activity)
_____hours/ minutes in morning preparations
_____hours/ minutes commuting or getting to work
_____hours/ minutes working in the morning
(home based care or family activities if this is your "work" should be counted)
_____hours/ minutes with lunch or meal breaks
_____hours / minutes working in the afternoon
_____hours/ minutes exercising/ using the body in exertion for health and enjoyment
_____hours/ minutes eating evening meal
_____hours in evening activities of
_____hours of_____
_____hours of_____

_____Hrs/_____mins of total - 24 hours = minutes/ hours of free time_____ (do you have any left?)

2. Look over your list, what activities are using too much time?

1. _____

2. _____

3. _____

4. _____

5. _____

3. The activities I would like to spend more time with:

1._____

2._____

3._____

Look at the two lists. Where do you need to make changes?
What activities need to go? Which ones need to be added?
Next steps - action plans and action!!

ACTION PLAN--

In order to switch out activities that we not contributing to your overall joy factor and those you want to do, your next steps need to be:

1. Call_____

2. Cancel_____

3. Commit to _____

4. Sign up for _____

5. Begin_____

I commit to doing less_____

I commit to doing more_____

In order to be successful, I will need the support of:
_____and _____

I expect to feel better and feel more free by-

_____

If not, I will re-evaluate my plans.

Signed_____ Date_____