

PERSONAL
BALANCE
EQUATION™

In order to identify how to find more time in your week, and to ensure you are consciously spending your time on what is meaningful to you, please thoughtfully record an entire 168 hour block, or full week, of your life. Know that there are seldom typical weeks, and no matter what happens this week, it will help chart how you are choosing your time. Laura Vanderkam, in her book *168 Hours: You Have More Time Than You Think*, has a number of templates on her webpage, lauravanderkam.com. In addition to her time log, I have added columns next to all the time slots and labeled them "values." Do your best to identify which values the activity in the previous column is honouring.

MONDAY	Activity	Values		Activity	Values		Activity	Values
5:00 AM			1:00 PM			9:00 PM		
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MONDAY	Activity	Values		Activity	Values		Activity	Values
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