



## WHY DO I HAVE TO DELAY MY REWARDS? – FOLLOW UP EXERCISE:

In the first exercise of this chapter, you estimated where your time was spent. But how do you really spend your time? If you're serious about understanding how much time you're devoting to activities that you can cut back on, then you need to keep a time log for a week. Start by writing down the activities you identified in the previous exercise. Leave room next to each activity to list the time you spend doing it. Every day for a week, write down the time you start each activity, the time you finish it, and the total time spent on the activity. If an activity you engage in is not on the list, add it. Make extra copies of this page if necessary.

Day	Activity	Start	End	Total
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

At the end of the week, add up the total amount of time spent on each activity. Now, review your list and decide what activities you can temporarily cut back on, or even eliminate, to make your dreams a reality.

How much time each week will you invest in achieving your goals?

\_\_\_\_\_

On what days and at what time?

\_\_\_\_\_