

LIFESTYLE CHART

Success is built on your Daily Routines...

You'll never change your life until you change something you do daily

Ask yourself the *easy* questions and you'll have a *hard* life. Ask yourself the *hard* questions and you'll have an *easier* life!

Read all the categories below before you start to figure out how you spend your day.

	HOURS PER WEEK	Comments
<u>Work/Studies</u>		
Full time /part time	-----	
Other Part time work /marking/lesson preparation	-----	
Voluntary work /studies/other	-----	
<u>Home</u>		
Personal time (grooming etc)	-----	
With partner/ parenting (chill time/TV)	-----	
Cooking (preparation & eating)	-----	
Shopping	-----	
Cleaning /cars/ DIY	-----	
Chauffeuring/ driving/car maintenance	-----	
Domestic chores e.g. laundry/dishwasher /kitchen	-----	
<u>Regular Activities/Interests</u>		
Sports/ gym/ walking/ craft/ DIY/ garden/studies	-----	
Computer/music /church/reading/hobbies	-----	
Other please (list overleaf)	-----	

How long do you sleep? Daily = Weekly =
168 hours minus weekly hours slept and those allocated above =
Hours left over =

How do you feel you manage your time?

Personal points to consider/ observations - note these overleaf. It is a good idea to date this exercise and review it every 30 days for 3 months, plus an annual check. Share the information with your 'Dream Team.'

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