TYPICAL 24 HOUR DAY TIME AUDIT

12MIDNIGHT	1AM	2AM	3AM	4AM	5AM	6AM	7AM	8AM	9AM	10AM	11AM	12NOON	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM	11PM

LIST YOUR TOP PRIORITIES IN LIFE & BLOCK THEM OUT ON THE TIMELINE TO AUDIT TIME SPENT

ARE YOU SPENDING YOUR TIME ON YOUR PRIORITES & IN THE ORDER OF IMPORTANCE? WHAT NEEDS TO SHIFT?