

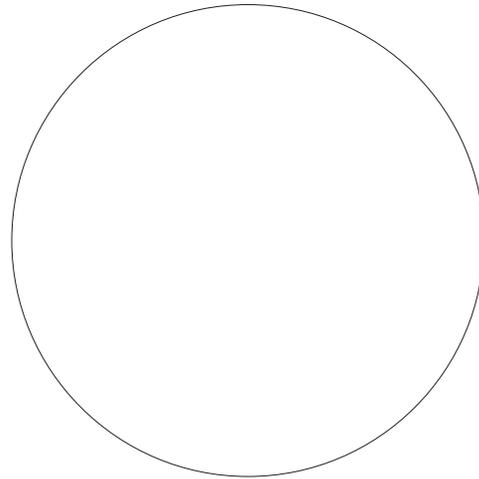
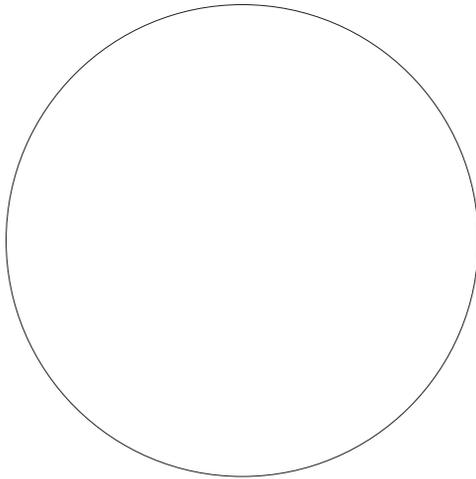
DESIGN YOUR YEAR SERIES

# Habit How-to: How You Spend Time

Finding time for your habit and fitting it into your schedule is one of the most common hurdles people face when building habits. In the hustle and bustle of our daily lives, it can feel impossible to squeeze in something new. But before we approach the task of fitting something in, it helps to take a look at how we're actually spending our time. The exercise below is designed to help you reflect on what activities take up your time—and how you may want to adjust them.

## EXERCISE

Fill out the following two pie charts. In the first, segment the pie based on how you currently spend your time on a weekly basis. Add a slice for sleep, for work, for movement, for connection and relationships, for hobbies, for service, etc. Then, fill out the second pie chart based on how you *wish* you invested your time on a weekly basis. How do the two compare?



## REFLECTIONS

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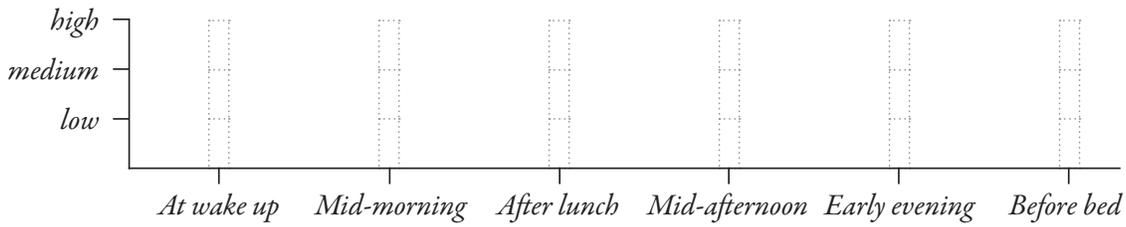
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# How You Spend Time: Next Steps

Use the exercise below to reflect on your natural energy patterns during the day, and how you might align your habit-building activities accordingly. When does your energy peak and dip? We don't always have complete control over a day's tasks (if you're working in an office setting, for example) but even small tweaks can go a long way in better aligning your energy levels with your new habit.

**How would you rate your energy level for each time of day?**

*Fill the bars with your energy level.*



**When your energy is at your highest, what tasks are you typically doing?**

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**When your energy is at your lowest, what tasks are you typically doing?**

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