

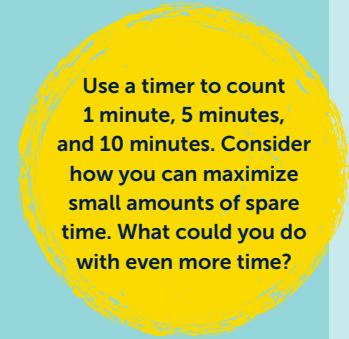
find THE TIME



It's important to pursue our dreams at every opportunity, but also easy to say you are too busy to make progress. In reality, you may be missing out on small windows of available time without even knowing it.

Use this worksheet to track your time for two weeks.

Keep track of your most common activities, and identify which tasks may be taking up too much of your time. From there, you can make goals to build in more time for dreaming every day.



1 MINUTE

60 seconds may not seem like much time. But it is enough to jump-start motivation. So, take one minute in the morning to read an inspiring social post or motivational quote to get in the mindset for dreaming.

5 MINUTES

In five minutes, you could take things a step further. Send a message to a friend requesting help, or reach out to someone who could be a great resource. Five minutes also gives you enough time to write out a to-do list for the day, and that should include one dream-related task.

10 MINUTES

10 minutes in the hands of a dedicated dreamer is enough to make some real progress. Take 10 minutes each day to read a paragraph of a helpful book, or do some research on the next step in your dream pursuit — that adds up to over an hour each week!

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