

Exit #11: Time to Drive to Your Goals

Remember when you were younger and had outrageous ideas about being a “grownup”? You were going to be a doctor, lawyer, teacher *and* firefighter. You were going to be the best mother or father to your kids. You would have a huge house, attractive spouse, and lots of money.

Now, let’s come back to adulthood and see how you really spend your time. There are six main types of Time: Professional, School, Chore, Family, Friend, and Me. Here’s an explanation of each one:

Professional Time: Include commuting and any work that you bring home from the office.

School Time: Include attending classes, commuting, and doing homework if you are pursuing a college or higher-level degree.

Chore Time: Running errands, cleaning up, laundry, yardwork, etc.

Family Time: Any quality time you spend with a significant other, children, or other family members.

Friend Time: Any quality time you spend with friends.

Me Time: Anything that you do for fun (hobbies, exercising, meditating, etc.). Also include sleeping here.

To start this Exit, think about the number of hours you want to spend for each type of Time. You can round up to the nearest hour and enter those numbers in the Daily Goal column.

Then, pick three days in the upcoming week. Only one of the days should be on a weekend, holiday, or day that you have off from work. If you’d like, list your daily activities in the following categories. Note the amount of time spent at each place or doing each activity (for simplicity, you can round up to the next hour). Each day should add up to 24 hours.

Lastly, when the three days are completed average out your time in the fourth column. Add up the hours in each row and divide it by three (again, you can round up to the next hour). This number will give you an average number of hours per day for that category.

	Day 1 — Work day	Day 2 — Work day	Day 3 — Non- work day	Daily Average	Daily Goal
Professional Time					
School Time					
Chore Time					
Family Time					
Friend Time					
Me Time					

NOTE: If any of your activities overlap, count the time once only. For example, if you are cleaning the house with help from your children, count the time only in either Family Time or Chore Time. It's up to you which one you want to pick.