

Let's Think About Your Time

A time awareness coaching
exploratory guide

Step One

Go through these questions to explore how you are currently thinking about and spending your time. The more honest you are willing and able to be, the more insightful this exercise will be for you. You do not have to share this with anyone unless you chose to, so there is nothing to fear from being honest! Feel free to focus on a specific area of your life while going through this exercise, or take a broader all-encompassing approach.

1. When you think about how your time is currently spent, what makes you anxious, frustrated, or dissatisfied?
2. When you think about how your time is currently spent, what makes you happy, fulfilled, content?
3. What are the 3-5 things in your life that regularly take a lot of your time?
4. List each one and next to it, mark if it's something you NEED to be doing, WANT to be doing, do for YOURSELF, do for OTHERS, or any combination of these.

Step Two

Go through these questions to imagine the types of changes you'd like to make to the ways you currently spend your time. At this point, don't worry about how unrealistic your ideas may seem, just open yourself to what change could look like.

1. What would you spend more time on if you could?

2. What would you spend less time on if you could?

3. Imagine what your life would look like if you could make one big change in the way you currently spend your time. How would your life be different? How would this change better align with your goals and values for your life?

Step Three

Here's where we get to the nitty gritty action. Look back at the change you are imagining and dissect the space between where you are now and where the change happens. What steps exist between where you are now and where you want to be?

1. What do you need to do to make that change in your life?
2. Write out 3-5 steps you can take to move toward that change.
3. What will it take for you to implement these steps into your current schedule?

So, now what?

Now it is up to you to decide: do you want to chase this change you want to make in your life? Are you ready to put those steps into action and make intentional progress in your life?

If not, no worries. Perhaps now isn't the time, or you don't feel quite ready to commit to cultivating a change in your life. Hold onto this fieldwork. Come back to it when you feel the spark of interest rise again. Your responsibility now is to check in with yourself from time to time to build off of the initial awareness you have developed through this exercise.

If you are ready then you know it is time to take action! Let's get those goals and action steps off the paper and into implemented change in your life. If you would like my assistance with this journey, please reach out to schedule a coaching session.