

TIME CHECK TRACKER

| | SUN. | MON. | TUES. | WED. | THURS. | FRI. | SAT. |
|-------|------|------|-------|------|--------|------|------|
| 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 | | | | | | | |



PRODUCT & SERVICE EVALUATOR

| PRODUCT OR SERVICE | TIME TO MAKE FROM START TO SALE | PRICE |
|--------------------|------------------------------------|-------|
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QUESTIONS TO ASK YOURSELF

WHERE CAN I SAY NO?

WHERE CAN I OUTSOURCE OR ASK FOR HELP?

WHERE CAN I FIT IN A MARKETING ACTION?

AM I CHARGING ENOUGH?

**ARE THESE ACTIVITIES THE HIGHEST AND
BEST USE OF MY TIME?**

**WHAT CHANGES CAN I MAKE IN MY SCHEDULE
TO HELP ME FEEL BETTER?**

