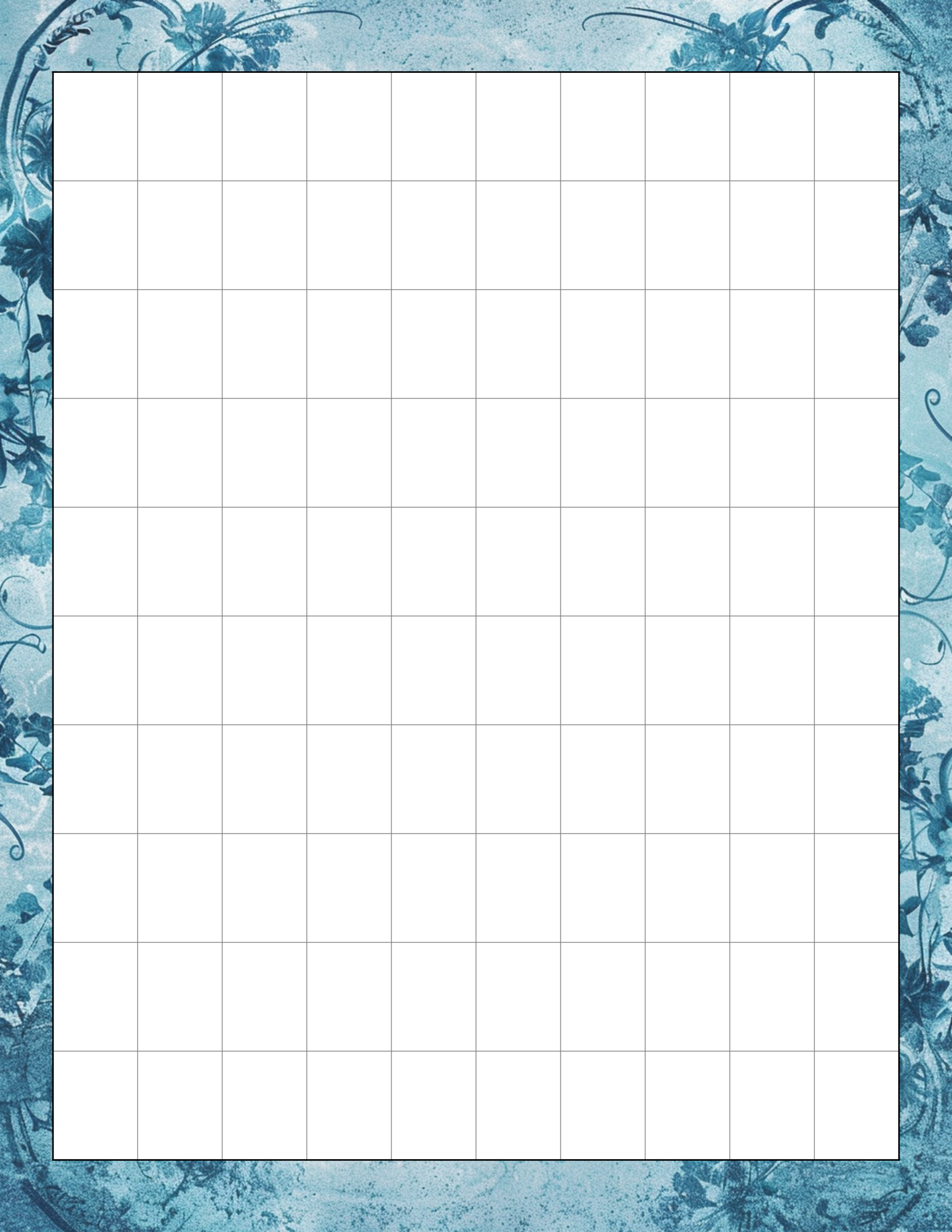




100-Block Worksheet

Exercise #1: Your day in 10-minute blocks.

Your day starts with exactly 1,440 minutes. Assume you're going to sleep about 7 & 1/2 hours. That will leave us with 1,000 minutes. The worksheet above has 100 blocks. Each represents 10 minutes of your waking time.

Print up a few copies of page 1. For a few days or a week, take time to scribble in each block what you were doing that 10 minutes- housework, eating, work, doom scrolling, etc.

After those days are up, look back over your worksheets. And- if you weren't happy with the use of your time- start analyzing it.

- What going out to lunch worth 4-6 blocks of time? Was the lunch that good? Did the "break" actually result in a break? Or just stress?
- Was it worth spending an hour (6 blocks) browsing for a better deal on those sweatpants?
- Between built-in fees, price mark-ups, and tips, was the time saved on Instacart worth the money? Or would have a quick trip to the store been a better use of your money?
- Etc.

Exercise #2: Your week in 100 hours.

In one week, you have 168 hours. Allot 7 hours a night to sleep. Down to 119. 4 hours a week to grooming (showers, teeth, etc.). Down to 115. And let's give 14 hours a week (approximately 2 hours a day) to cooking and eating. That leaves us 100 hours.

For one week, roughly track what you're doing each of those hours. Housework, actual work (and does checking your e-mail for the 5th time count as work?), browsing the internet, watching TV, etc.

After your week is up, analyze how you spent those 100 hours.

- Is wasting an hour a day on Facebook, TikTok, or other social media worth seven blocks off that sheet?! (And don't even tell me there aren't people spending more than an hour a day watching stupid video after stupid video...not saying YOU...just saying some people.)
- Do you want to steal back some of that 2 hours a day spent on cooking and eating? Or this a part of life you enjoy?
- Is arguing with the kids worth a block a day (seven blocks off the sheet)? If not, start researching ways to stop the arguments. You might have to try a few methods (not every kid is the same) and those methods might change over time (dealing with teenagers is obviously different than a toddler).

One example- my 4 year old wanted to wear his shirt backwards a few days ago (he wanted to see the rocket ship on it all day long). This was so NOT worth 5 minutes of my time arguing. He wore the shirt backwards. Another day he wanted to wear his dinosaur sweater. In 90 degree heat. Fine, put a short sleeve shirt on underneath. Yep, after 10 minutes outside, he decided dino could "take a nap."