

# Old School MODERN MAMA

## TIME TRACKING & REALLOCATING

Each day we are pulled in multiple directions. Our time and energy are often sucked up before we even know where they've gone. If you could control your day what would you spend your quality time and most focused energy on? Not what you "have to" or "should" be making your priority. Rather, as your head hits the pillow at night, what do you often wish you could have poured more quality time and energy into? There is no right or wrong answer. Just simply put an A next to the most desired priority, B less, and so on.

DESIRED PRIORITIES	DESIRED PRIORITY LEVEL (A,B,C....)
Personal Development	
Health	
Family	
Work	
Transportation (Driving/Flying/Walking)	
Side Project	
Friends/Community	
Household Management (Cleaning, Cooking, Paying Bills, Laundry)	
Other (Write Your Own Priority)	
Other (Write Your Own Priority)	
Other (Write Your Own Priority)	

## OLD SCHOOL MODERN MAMA - TIME TRACKER & ALLOCATOR

Starting from when you wake in the morning until your head hits pillow at night, document your activities next to the corresponding timeframe. Then in the Priority Level Column put the letter of the corresponding Desired Priority Level.

TIME	ACTIVITY	PRIORITY LEVEL	REALLOCATION IDEAS
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9:00 pm			

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9:15 pm			
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9:45 pm			
10:00 pm			
10:15 pm			
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11:00 pm			
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11:45 pm			

Are some of your Lowest Desired Priorities (...X,Y,Z) taking up the majority of your time or the times of day you are the most focused and energized? If so, how can you reallocate your time to allow your Highests Desired Priorities (A,B,C...) to have the best of you? Use the Reallocation Ideas Column to write down ways you can shift your schedule.

### REALLOCATION EXAMPLES TO GET THE JUICES FLOWIN':

If commuting is a low desired priority, but you are spending a lot of time driving, and self-development is a high desired priority, but it gets shoved to the back burner, can you use your commute time for self-development via audio books?

Is morning exercise a high desired priority but you are staying up until 11:00pm, watching your favorite show, so you're just too dang tired to get up 30 minutes earlier? Can you record your show and watch it on the treadmill in the morning?

What else do you see that can be combined, moved, shifted, done earlier, later, removed all together, offloaded to others, or simply started?

### KEEP IN MIND:

It's not enough to just fill out the form; habits take a while. Do yourself a favor and commit to giving it a good hearted try...you'll be glad you did!

*"All we have to decide is what to do with the time that is given to us." - Gandalf The Grey*

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