

888 Time Audit

TRACKER

OWN YOUR 24

WWW.SUCCESSBYDESIGNTRAINING.COM

The 888 Formula

A cutting-edge, framework - Interrogate your life & identify areas for development.



REST

ACTIVITIES

WORK



3-Day Time Audit (Where's it going?)

Track how you spend your time for 3-Days, record what you do under the relevant area of the 888 Formula. Include everything that you do, starting with the time you get up and go to bed. Don't worry if it is an 'unusual' week or that doing this exercise makes you feel judged or a 'failure'. The information here will help you to get the best results from your session as we will be able to create a personalised strategy you can employ for years to come. The days you track will depend on when you signed up/when your online session is scheduled for (please use more paper if needed). If it's not rest or work, it goes under activities, even your commute!

Day 1 - Rest

Day 2 - Rest

Day 3 - Rest

Day 1 - Activities

Day 2 - Activities

Day 3 - Activities

Day 1 - Work

Day 2 - Work

Day 3 - Work



3-Day Time Audit - Where's it going? Continued...

Track how you spend your time for 3-Days, record what you do under the relevant area of the 888 Formula. Include everything that you do, starting with the time you get up and go to bed. Don't worry if it is an 'unusual' week or that doing this exercise makes you feel judged or a 'failure'. The information here will help you to get the best results from your session as we will be able to create a personalised strategy you can employ for years to come. The days you track will depend on when you signed up/when your online session is scheduled for (please use more paper if needed). If it's not rest or work, it goes under activities, even your commute!

Day 1 - Rest

Day 2 - Rest

Day 3 - Rest

Day 1 - Activities

Day 2 - Activities

Day 3 - Activities

Day 1 - Work

Day 2 - Work

Day 3 - Work



3-Day Time Audit (Where's it going?)

Use this page to let us know any specific time management challenges & questions you have/want to address in your session (be as detailed as possible). Which area of your life (the 888 Formula) do you feel most out of balance that you would like to focus on in the session? Rest, Activities or Work?

Specific Time Management Challenges & Questions