

What I did this week... **OR**

What I Plan to do this week...

Name: \_\_\_\_\_ Date: \_\_\_\_\_



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>5</b> am :30							
<b>6</b> am :30							
<b>7</b> am :15 :30 :45							
<b>8</b> am :15 :30 :45							
<b>9</b> am :15 :30 :45							
<b>10</b> am :15 :30 :45							
<b>11</b> am :15 :30 :45							
<b>12</b> pm :15 :30 :45							
<b>1</b> pm :15 :30 :45							
<b>2</b> pm :15 :30 :45							
<b>3</b> pm :15 :30 :45							
<b>4</b> pm :15 :30 :45							
<b>5</b> pm :15 :30 :45							
<b>6</b> pm :15 :30 :45							
<b>7</b> pm :15 :30 :45							
<b>8</b> pm :15 :30 :45							
<b>9</b> pm :15 :30 :45							

Fill in the time slots with EVERYTHING you've done this week. Don't fudge your time. Be Honest! You don't have to show it to anyone else.

The purpose of this exercise is to help you find those cracks of time you can use to build your doTERRA business.

## Some Notes and Thoughts...

As you are going through your week, just fill in the times that you are busy and what you are doing during that 15 minute timeslot.

When you get to the end of the week circle all of the blank time slots and add up the hours.

**These are the hours that *Could* be used to help build your doTERRA business.**

Also, notice and **circle in RED** the time slots that are truly wasted time.

This includes things like TV watching, video game playing, talking to friends on the phone (non business), etc.

These are additional amounts of time that could be used to help build your business. Add those hours to your total.

It's really up to you how much time you put into your business, but it's a fact that the more time you put in NOW, the more time you'll have available in the future and the faster your business will build.

The faster your business builds, the faster you get freedom from your job, if that's your desire.

Maybe you would use your extra time with your life partner, kids, or others in your life.

**It's Really up to you because with financial freedom comes options that aren't there now.**

Thanks for taking the time to fill out this form.

Becoming aware of where your time goes is extremely important because it gives you power to control your own time and destiny, instead of allowing your time to control you.

One final thought: **Did you know that you are where you want to be?**

Think about it. If you didn't want to be here, you'd do something about it? Right?

If you want something to change in your life, YOU must make changes.

If YOU don't change nothing will change.

Wishing for change without taking action to make it happen will leave you right where you are now.

Isn't it time to change something in your life?

Keep smiling,

Ron