



Allyson Blythe, Certified Life Coach & LCSW

7430 US Highway 42 #217

Florence, KY 41042

(859) 341-7773

www.allysonblythe.com

info@allysonblythe.com

What if I handed you \$1,440? How excited would you feel? How lucky would you be to have that much money in your hands? What if it was \$10,080? Probably knock your socks off wouldn't it? Let's keep playing... what if it was \$524,160? Game changer, right? The entire course of your life would change if you were deliberate and intentional with that much money. My hope is that you would spend wisely.

Clearly you see the value and wonderment of being granted that much money and you would probably be overjoyed with such a gift. We would likely find you celebrating, excitedly talking about it, all while dreaming and planning. Having that much money would change the way you saw things, approached life, related to others, and options that were available for you. What an exciting gift indeed!

But what if I told you that every day, every week, and every year, you are granted that much with a far more valuable commodity than money? What if you could tune in to the wonderment of one of the most valuable commodities you could ever have?

Every single day you are granted 1,440 minutes. Every week, 10,080 and every year 524,160 precious moments are waiting for you. And just like the dollars in the bank, the ways in which you choose to spend your moments will fundamentally change the course of your life.

How you spend your time will not only shape the quality of your life, but also your overall life satisfaction and purpose. Spending your time on things that support your growth, joy, authenticity, and ease will enhance your energy, outlook, and fulfillment.

Most people believe they don't have enough time yet, the truth is, we all have the same number of hours in a day. We are all granted the same 1,440 minutes in that

24-hour timeframe. The difference is how some people are spending those precious moments.

So here's my challenge to you - Be deliberate. Get real and be honest about where your time is really going. Instead of crying victim to the clock, take a good, hard look at the ways you are spending your time.

I've attached a time log as a tool for you to see in black and white where your time is really going. Take a look. Use this for a day, a week, or perhaps even a month to identify your priorities, values, and time wasters. Where is your time going and how wisely are you spending your most precious commodity?

| | Mon | Tues | Wed | Thurs | Fri |
|----------|-----|------|-----|-------|-----|
| 6:00 am | | | | | |
| 7:00 am | | | | | |
| 8:00 am | | | | | |
| 9:00 am | | | | | |
| 10:00 am | | | | | |
| 11:00 am | | | | | |
| 12:00 pm | | | | | |

| | | | | | |
|-----------------|--|--|--|--|--|
| 1:00 pm | | | | | |
| 2:00 pm | | | | | |
| 3:00 pm | | | | | |
| 4:00 pm | | | | | |
| 5:00 pm | | | | | |
| 6:00 pm | | | | | |
| 7:00 pm | | | | | |
| 8:00 pm | | | | | |
| 9:00 pm | | | | | |
| 10:00 pm | | | | | |