THE 30-DAY CHALLENGE

Your Daily Activity Sheet

The purpose of this sheet is to take an objective look at how you are actually spending your time, so you can find the waste. **You will have to be honest with yourself.** You get no benefit from a flattering version of your day. If you spend three hours watching Netflix, write down three hours of Netflix.

TIME OF DAY e.g. 6:00 AM	TYPE OF ACTIVITY daily routine, habit, special circumstance	DESCRIPTION OF WHAT YOU DID e.g. gym, breakfast, read a book

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