🚀 Your 3-Day Time Audit Worksheet

For the next three days, I challenge you to track **every** activity you do in 30-minute blocks. Yes, everything—from deep work to scrolling your phone.

How It Works:

- ✅ Print the **Time Audit Worksheet** (or use a notes app)
- ✅ Log your activities in 30-minute blocks
- ✅ At the end of each day, highlight **time-wasters** and **high-value tasks**
- ✅ After 3 days, identify patterns and small shifts to reclaim **productive time**

Time	Activity	Productive Y/N

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The Big Question:

After completing the audit, ask yourself:

⏳ What tasks are eating up time without real results?
🎯 What activities should you do **more of** to move the needle?

By the end of this challenge, you'll gain **total clarity** on where to focus your energy for **maximum productivity**.