

Blue Lotus Mind Institute
Creating Time



In the chart below, record where you spend your time each day, if the activity doesn't fill the full 30 minute time slot, mark down the length of time it took. Complete this over 7 days for us to gauge where to create more time.

DAY ____: _____

12am	
12:30am	
1am	
1:30am	
2am	
2:30am	
3am	
3:30am	
4am	
4:30am	



5am	
5:30am	
6am	
6:30am	
7am	
7:30am	
8am	
8:30am	
9am	
9:30am	
10am	
10:30am	



11am	
11:30am	
12pm	
12:30pm	
1pm	
1:30pm	
2pm	
2:30pm	
3pm	
3:30pm	
4pm	
4:30pm	



5pm	
5:30pm	
6pm	
6:30pm	
7pm	
7:30pm	
8pm	
8:30pm	
9pm	
9:30pm	
10pm	
10:30pm	



11pm	
11:30pm	

End of the day audit:

1. The times I felt most empowered today were: _____

2. On a scale of 0-10 (0 being totally disempowered and 10 being totally empowered), I felt:

1 2 3 4 5 6 7 8 9 10

3. On a scale of 0-10 (0 being disempowered body language the majority of the day and 10 being empowered body language the majority of the day), my body language was:

1 2 3 4 5 6 7 8 9 10

4. Areas for improvement tomorrow are: _____

5. Today I'm grateful for:

1. _____
2. _____
3. _____



4. _____

5. _____