

Tracking my time, to find time Observation Questions

- What will I use to track my time?
- Pen, paper, watch (notebook and watch are fine, too)
- Download an app that I can track my time anywhere. Which app?
- Internet search to find something that I'll like

After you track your time...

- Are there tasks that I can delegate?
- Do I enjoy any of these tasks? Keep the ones you really enjoy
- Can I hire help?
- Do I know how much help would cost?
- Do I need an assistant, a virtual assistant, a cleaner, a butler, a handyman?
- What's in my budget can I adjust to afford the help?
- Do I need to track my budget?
- Are there apps for that?
- Can my accountant do this for me or can recommend a spreadsheet or app?

Deciding whether to spend the money...

- How much money am I losing by doing this chore?
- How much time am I losing (personally, away from my family or projects)?
- How much time do I really need to start my project a day or week?

If you have the itch to be a busybody..

- Do I really need to be doing this now?
- Can this be done later or by someone else so you can enjoy your life?
- Does this bother you and only you? If so, can this be done later?
- Am I just keeping busy because it's easier for me just to keep busy?
- Does starting my personal goal or hobby take a quiet mind?
- Is my personal goal or hobby fun for me? Why do I even want to do it?
- Can I just drop all of this busy work and sit still enough to enjoy myself for 1-2 hours on my personal goal?

