

168-Hour Map

A week holds 168 hours. See where yours actually go — then claim one on purpose.

Roughly note what fills each block. You are looking for the discretionary hours hiding in the week, not accounting for every minute.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Midday							
Evening							
Night							

The one hour I will protect this week — and what it is for

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