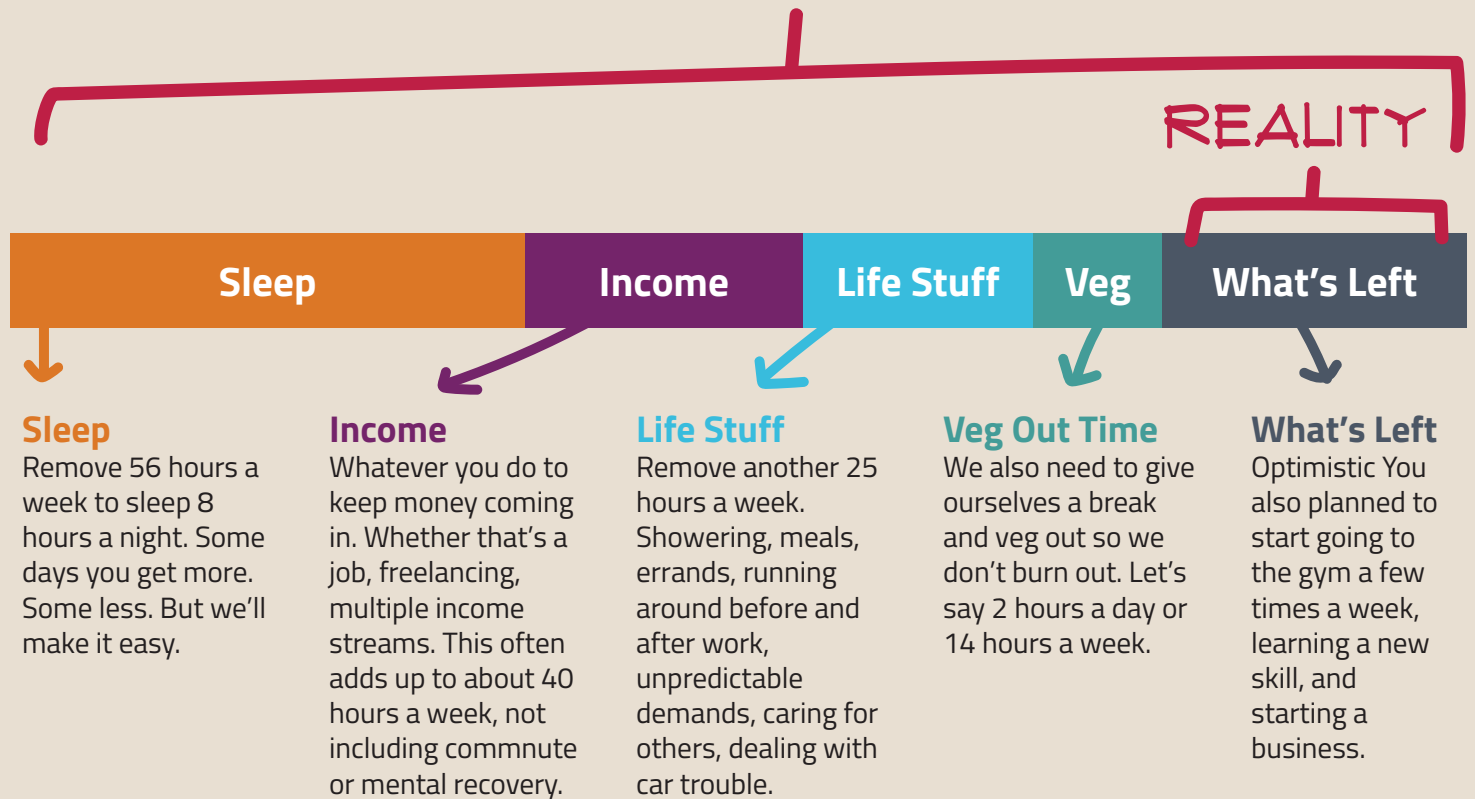


PLAN FOR THE HUMAN YOU

There are 24 hours in a day. That's 168 hours in a week. Where does the time go?

168 HOURS



If Optimistic You needs 10 hours a week, but the Human You sees you really only have 3, the truth is somewhere in the middle. When you schedule out your life with Optimistic You, but are faced with reality, it's no wonder sitting on the couch hiding from the world with a bar of chocolate sounds like your best bet.

YOUR 168 HOURS

How much time do you really have left to run your business? Use the space below write your answers. The bar chart below can help you visualize it.

Sleep _____

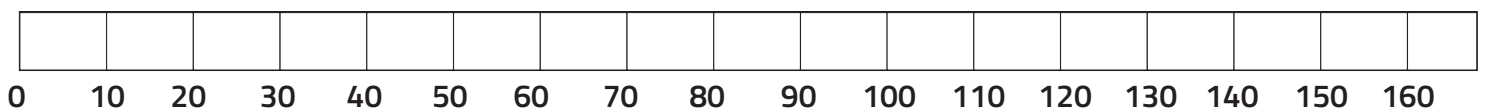
Income Time _____

Life Stuff _____

Veg Out Time _____

Other _____

What's Left _____



What did this exercise help you learn about yourself?