

Part 1: for three days, track how you actually spend your time. Every minute, no judgement, no flattering edits. Part 2: list every commitment you carry, then mark each one: does it drain (-) or energise (+) you?

Part 1 · The Three-Day Time Map

Day 1

Time	What I was actually doing	How long	Planned? (Y/N)

Day 2

Time	What I was actually doing	How long	Planned? (Y/N)

Day 3

Time	What I was actually doing	How long	Planned? (Y/N)

