

# The Impact of Your Time Investment Choices

*To Complete This Exercise*

1. Rate your time investment choices in these areas on a scale of 1 to 10, with a perfect 10 meaning that you invest your time exactly as you desire in this area and a 1 meaning that your time investment is dramatically misaligned with your priorities.
2. List the specific ways your time investment choices in these areas have had an impact on you. This will start to give you a clearer sense of exactly what actions you may want to increase or decrease in your life and give you motivation to change.

*Physically*

How have your time investment choices had an impact on you physically?

**Consider:** blood pressure, sleep, exercise, eating, energy levels, and weight.

**Current rating:**

*Mentally*

How have your time investment choices had an impact on you mentally?

**Consider:** focus, problem-solving ability, strategic thinking, learning, and information retention.

**Current rating:**

*Emotionally*

How have your time investment choices had an impact on you emotionally?

**Consider:** self-control, empathy, patience, response to problems, graciousness, spontaneous tears, and yelling.

**Current rating:**

*Spiritually*

How have your time investment choices had an impact on you spiritually?

**Consider:** sense of connectedness, feeling peaceful, prayer, meditation, spiritual reading, and group attendance.

**Current rating:**

*Relationally*

How have your time investment choices had an impact on you relationally?

**Consider:** boss, colleagues, clients, employees, subcontractors, family, friends, significant other, professional network, neighbors, and strangers.

**Current rating:**

### *Productivity*

How have your time investment choices had an impact on your productivity?

**Consider:** getting what's most important done, moving forward on big projects, keeping up on regular processing, and feeling confident that you know what's most important and that you're doing it.

**Current rating:**

Great work on completing the questionnaire!

### **Now it's time to do a bit of self-reflection:**

- Did anything surprise you as you did this exercise?
- Where do you think your results look pretty strong, that is, more positive than negative?
- Where do they come up lacking, that is, you noticed some low ratings?

In the coming chapters, we'll talk through how you can make completely different time investment choices or slightly enhance the ones that work fairly well for you already. But this exercise needed to come first so that you could know why it's worth the hard effort of rebuilding your habits and to remind you of what's really most important for you to improve.