



TIME-VALUE INVENTORY

For the biggest impact, focus on correcting large mismatches between how much you value an activity and how much time you spend on it.

	Ideal (hrs/wk)	Current (hrs/wk)	Difference (hrs/wk)	Importance
Office Work	0	45	-45	Low (3)
Teaching Sailing	25	0	+25	High (8)
Building Furniture	10	0	+10	Medium (6)
Commuting	5	5	0	Low (1)
Relationships/Social Time	14	4	+10	High (10)
Family Time	20	8	+12	High (10)
Exercise and Wellness	7	4	+3	High (8)
Household/Home Chores	7	12	-5	Medium (4)
Recreation	10	20	-10	Medium (5)

If those big mismatches are in categories that will take a lot of work and time to change (like a complete career change), you can also look for "quick wins" in other high-value categories.

