

# Timing Your Day

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## **Choosing what to time**

When you are starting out with timing tasks focus on smaller tasks that you everyday - knowing how long these everyday tasks take is going to give you the biggest impact from doing this exercise. Let's start out by brainstorming 3-5 tasks that we want to start timing. Remember we're trying to learn time wisdom here so write down what you feel are accurate time predictions. Then when you are timing yourself try and be as accurate as possible.

## **Setting Your Predictions**

### **Brainstorming your task list**

There's plenty of space here to make some predictions - remember you don't have to do everything at once, but feel free to add as many predictions here as you want and then just pick a couple to start off with.

#	Task	When am timing it?	Time Prediction?
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			





## **Reflections**

What are something that you learned while doing this exercise? How accurate were you with your predictions? Were there things that surprised you?