

## Adult Time Balance Worksheet (based on 16 waking hours a day)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							



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SOLUTION FOCUSED HYPNOTHERAPY & RELAXATION

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Area	Ideal Range	Notes
Work	45% - 7 hrs	Including commute and emails
Screens / Passive	15% - 2.5 hrs	Messaging, scrolling, shopping online, social media
Daily Life / Admin	20% - 3 hrs	Meals, chores, getting ready, lists, errands, tidying, cleaning
Movement / Hobbies / In Person	10% - 1 hr	3 P's, nature, catch up with friends, walks, nature, activities
Self Care / Thinking Space	3% - 30 mins	errands, chores, appointments, device management
Sleep Routine	5 % - 45 mins	Sleep hygiene (45 mins before bed)
Survival Brain	2% - 15 mins	Reactive Fight Flight Freeze

### Questions:

What do you notice? Where do you feel most depleted or energised? Which area if increased slightly would positively affect everything else?

What would a rhythm that supports both your success and wellbeing look like? What small changes can you make to move closer to that ideal? How can you protect the time that matters most?