



Tammy 
Hawksworth

www.tammyhawksworth.ca

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MY TIME STORIES



NAME: _____ DATE _____

Directions: I invite you to take a moment to think about the statements you have heard yourself say about time. '

Sample Statements to Upgrade:

- ~There just is not enough time in a day
- ~I don't have time for that
- ~That takes too much time
- ~I have no sense of time
- ~Where did the time go?
- ~Time got away from me
- ~I'm always late
- ~I'm never on time
- ~Time waits for no one
- ~Time is not my friend
- ~Hardly time to breathe

My Stories about Time and Upgrades

#1: _____

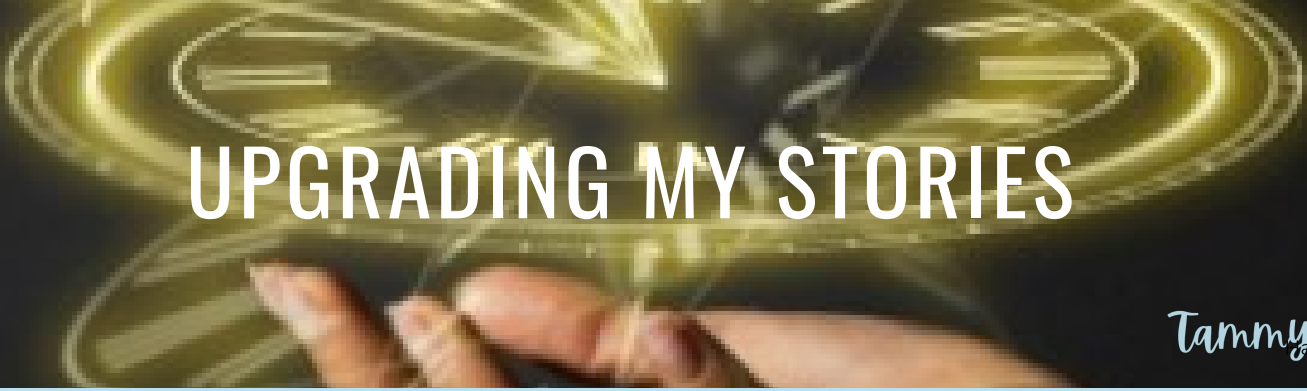
#2: _____

#3: _____

#4: _____

#5: _____

#6: _____



UPGRADING MY STORIES

NAME: _____

DATE _____

Directions: Now that time is your friend and is in your favour,
what is new and different for you?

WHAT IS NEW AND DIFFERENT FOR ME NOW?

Stand in a power pose and say your new story for two minutes.

*If you have Young Living Essential Oils, smell your favorite just before saying your new stories
Adding an Essential Oil, epic or uplifting music and a power pose build the powerful
effects of your new story. Evidence suggests that if you make this fun, then it will
take significantly less times to upgrade to your new story by making it fun!
Repeating something 400 times vs 20 times....which do you choose?

HOW MUCH TIME DOES IT REALLY TAKE?

Tammy Hawsworth

Part of knowing where to adjust is knowing where it is required.
Track how you spend your time today, even time on your phone.

DATE _____

| | |
|---------------|---------------|
| 5:00am _____ | 45 _____ |
| 15 _____ | 2:00pm _____ |
| 30 _____ | 15 _____ |
| 45 _____ | 30 _____ |
| 6:00am _____ | 45 _____ |
| 15 _____ | 3:00pm _____ |
| 30 _____ | 15 _____ |
| 45 _____ | 30 _____ |
| 7:00am _____ | 45 _____ |
| 15 _____ | 4:00pm _____ |
| 30 _____ | 15 _____ |
| 45 _____ | 30 _____ |
| 8:00am _____ | 45 _____ |
| 15 _____ | 5:00pm _____ |
| 30 _____ | 15 _____ |
| 45 _____ | 30 _____ |
| 9:00am _____ | 45 _____ |
| 15 _____ | 6:00pm _____ |
| 30 _____ | 15 _____ |
| 45 _____ | 30 _____ |
| 10:00am _____ | 45 _____ |
| 15 _____ | 7:00pm _____ |
| 30 _____ | 15 _____ |
| 45 _____ | 30 _____ |
| 11:00am _____ | 45 _____ |
| 15 _____ | 8:00pm _____ |
| 30 _____ | 15 _____ |
| 45 _____ | 30 _____ |
| 12:00pm _____ | 45 _____ |
| 15 _____ | 9:00pm _____ |
| 30 _____ | 15 _____ |
| 45 _____ | 30 _____ |
| 1:00pm _____ | 45 _____ |
| 15 _____ | 10:00pm _____ |
| 30 _____ | 15 _____ |

HOW MUCH TIME DOES IT REALLY TAKE? PART 2

Tammy Hawksworth

Another part of knowing more about your time is knowing how much time it really takes to do everyday things. For the next three days, time common activities and see how close your guess-timate(your best guess on the time it takes) and then use a stop watch(most phones have this) and see how long it really takes, and compare the two.

Use results to be more accurate with your scheduling.

| My Guess | Activity | Actual #1 | Actual #2 | Actual #3 |
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MORNING/EVENING ROUTINE

Tammy Hawsworth

Having a morning routine can be the fuel that keeps you going all day! An effective routine is one that fills your tank. It can also be the most productive time of the day.

Possible Things to Include :

Meditation, Exercise, Scripture Time, Prayer, Visualization, Affirmations, Journaling, and Gratitude.

| AM schedule | | <i>Well Oiled Life</i> <small>with Tammy</small> | | | | | | |
|-------------|----------|---|---|---|----|---|---|---|
| From _____ | to _____ | M | T | W | TH | F | S | S |
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| PM schedule | | <i>Well Oiled Life</i> <small>with Tammy</small> | | | | | | |
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PRIORITIZING

There will always be lots to do and things to choose from.
Deciding what is most important to me, and filling time for that in on your time blocking sheet, help me always have time for what matters most and help me see what I can let go of.
Take some time to list your priorities and put them in order, by numbering them.

My *Priorities*

My Essentials

My Desire To Do's

My Optionals

TO DO'S AND TA DA'S AND GRATITUDE

Tammy Hawksworth

Having a TO Do list is awesome, we all have them, but when we miss things on the list it can leave us feeling defeated.

Counter this by adding a TA DA list as well.

This build your sense of success and accomplishment

Be sure to celebrate all you did on your Ta Da List daily!

Gratitude is like a key to success, so be sure to include things here each day!

TO DO'S(PRIORITIES)

TA DA'S

I CHOOSE TO CELEBRATE MY SUCCESSES BY...

I AM GRATEFUL FOR...

| | |
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GOAL SETTING AND ACTION STEPS

Tammy
Hawsworth

Having a Goal is Great, and requires steps to be taken to achievement.
Here you can choose a Goal to move towards.
Documenting the steps, is helpful because then you know exactly how to help
another person achieve the same or similar goal

MY GOAL IS....

MY STEPS ARE

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

DATE _____

MONTH/DAY/YEAR

DAY: Mon Tue Wed Thur Fri Sat Sun

Time Masters

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|---------|-------|-------|
| 5:00am | _____ | _____ |
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| 1:00pm | _____ | _____ |
| 15 | _____ | _____ |
| 30 | _____ | _____ |

Morning Routine:

TOP PRIORITIES:

GRATITUDE LIST:


| | |
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| _____ | _____ |
| _____ | _____ |
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| _____ | _____ |

TA DA LIST :




GOAL ~ ACTION STEPS TAKEN :


Notes, Inspiration and Ideas :

AM schedule 


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AM schedule 


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PM schedule 


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PM schedule 


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AM schedule 


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AM schedule 

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PM schedule 

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PM schedule 

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