

Take back your time

If you're having trouble coming to grips with the fact that it's almost autumn, that's OK! (Us, too.) Time can play some serious tricks on us as humans - and this year has been no joke. Days can feel super slow when nothing's changing in our routines for weeks and months. It can feel like we blinked and the year's almost over. It's no surprise that how we spend our time can have a big impact on our health and wellbeing. That's why it's key to make time work in our favour by paying attention to how we're spending the hours in a day. This arms us with the right info to help make mindful tweaks to our lives - and make room for that list of what we've always wanted to accomplish.

WHAT TO DO

Feel like time is escaping you? Use the steps below to pinpoint where your time is going, and how you can save it.

1

SET

an alarm for every hour one day this week. When it goes off, write down what you did during that hour. (Bonus: use that alarm as a cue to take a break from sitting or grab some water! Talk about an added win-win.)

2

CREATE

a cosy corner for yourself at the end of the day and reflect on how you spent your hours. Mark down next to each activity whether it was a must-do, want-to-do, or I'm not sure. Jot down what you also wish you'd got around to.

3

LOOK

at your I'm not sure and want-to-do columns. Is there anything you could cut back on so you can do something on your wish list? If you want to watch TV at night, try saving it for after you meal prep tomorrow's breakfast!



What time hack are you trying this week? Let us know in your Workshop Connect Group!

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