

TIME IS MONEY WORKSHEET

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Pay Yourself First = YOU Time: Allocate “you” time, even if it is just 30 minutes per day to read a book

Emergency Fund = Just Do It! Fund: Allocate time to focus on the SMARTER Goal action step to solve your problem.

General Savings = Sleep: Allocate 7.5 hours of sleep.

Investments = Relationships: Invest time to devote to the people who are important to you.

Expenses = Recurring Commitments: Mark off the time for recurring commitments (e.g., work, school.) Be sure to factor in time to commute, etc.

Debt = Everything Else: All other tasks that you have not allocated yet.



TIME IS MONEY – WEEKLY PLAN

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