

# Time Budget™

Gain valuable **insights** into where your **time** goes and make **data-driven** changes to **improve** your **focus, efficiency,** and **joy.**



## How It Works

- **Data-collection** on your time for the previous week/month.
- **Analysis** on how & where you spent your time.
- **Categorization** of your regular activities.
- **Visualize** how & where you spent your time.
- **Compare** actuals to desired Time Budget.
- **Realize** your Brilliant Week™.

## What You'll Receive

- **Comprehensive overview** of your time allocation.
- **Actionable insights** into where you spend your time.
- **Visual reports** showing how your time is structured.
- **Data comparison** of actual time spent vs. your Time Budget goals.
- **Personalized Calendar Roast™** highlighting opportunities for improvement and structure.



## Key Features

- **Customized categorization** of your activities based on your routines and patterns.
- **Easy to understand** reports for actionable insights.
- **Visual representations** of your time breakdown for data analysis.
- **Integration** into our Calendar Zombie™ service or as a standalone.

## Benefits for You

- **Understand** how you're actually spending your time.
- **Set and track** Time Budget goals for different activities.
- **Identify opportunities** to improve self-care and joy.
- **Empowered decisions** around schedule adjustments.
- **Alignment** of time usage with your goals and priorities.



## Ongoing Support

- **Regular monitoring** of your progress towards Time Budget goals.
- **Frequent check-ins** to gather your feedback.
- **Continuous adjustments** to meet your evolving needs.
- **Positive motivation** through our entertaining Calendar Roast™ will keep you on track.