

# THE LONG VIEW

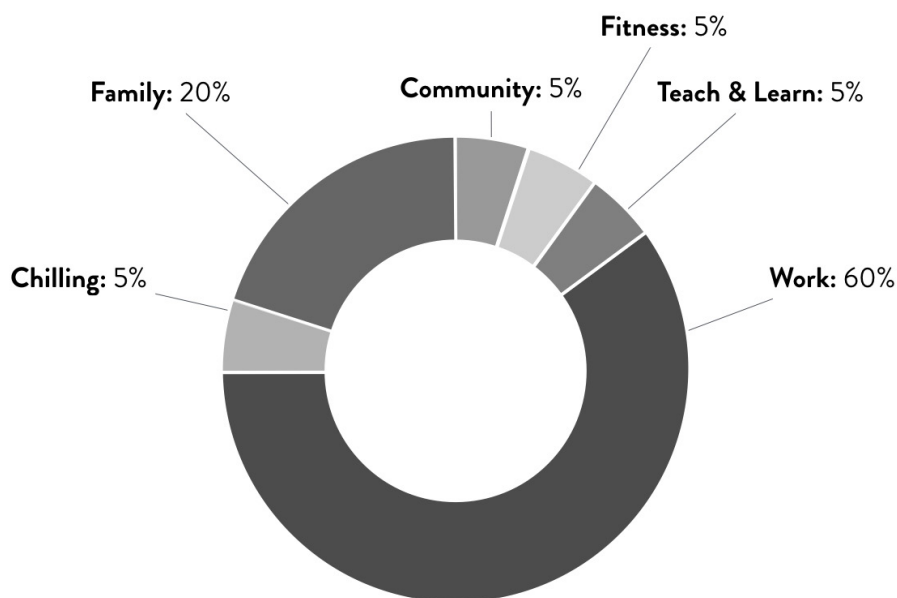
## 100 HOUR TEST

**“Time is the coin of your life. It is the only coin you have,  
and only you can determine how it will be spent.”**  
—Carl Sandburg

By looking at how we actually invest our time, we learn where we are placing emphasis, and what seems to be yielding the outcomes we are looking for. Our time portfolios reveal where we can make trade-offs that could make us happier and more successful. The pie charts shown below are based on real examples for myself and other executives I know. They show the approximate percentage of time devoted to various activities.

Conveniently, there are about a hundred waking hours in the average week, so it's easy for you to do this exercise, too. I classified my hundred hours into broad categories like Work, Family, Health & Wellness, Teaching & Learning, and Community.

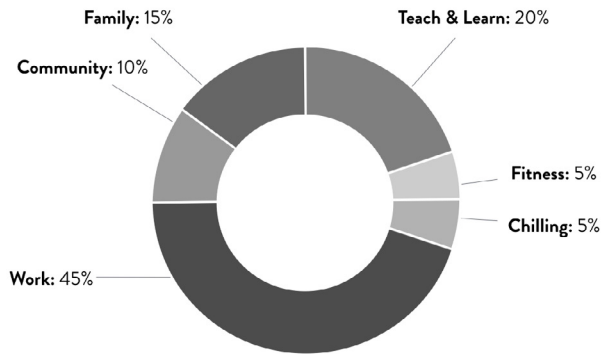
### MY PERSONAL TIME PORTFOLIO: 30'S



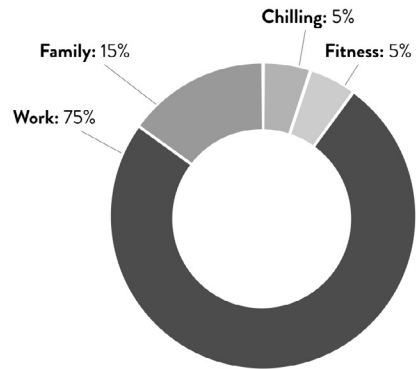
## THE LONG VIEW

# PERSONAL TIME PORTFOLIO

MY PERSONAL TIME PORTFOLIO: 50'S



TIME PORTFOLIO OF A BURNOUT

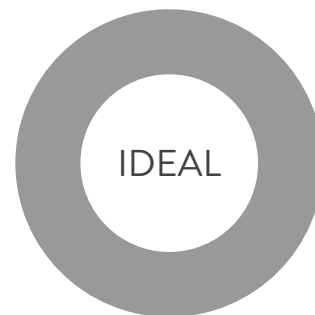
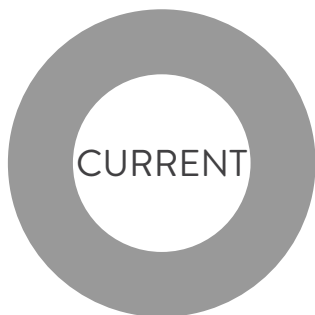


It's not critical that you use exactly the same categories or that you have precise hourly estimates. Do it for yourself and a few people you know, and you'll get the point.

### YOUR PERSONAL TIME PORTFOLIO:

**CURRENT:** Family: \_\_\_\_\_% Community: \_\_\_\_\_% Fitness: \_\_\_\_\_%

Work: \_\_\_\_\_% Chilling: \_\_\_\_\_% Teach & Learn: \_\_\_\_\_%



**IDEAL:** Family: \_\_\_\_\_% Community: \_\_\_\_\_% Fitness: \_\_\_\_\_%

Work: \_\_\_\_\_% Chilling: \_\_\_\_\_% Teach & Learn: \_\_\_\_\_%

