

YOUR TIME ALLOCATION

How many hours per week do you currently dedicate to building your business?

_____ hours

How many hours per week could you realistically commit moving forward?

_____ hours

When do you work best?

- ☐ Morning
- ☐ Afternoon
- ☐ Evening
- ☐ Weekdays
- ☐ Weekends

What specific times of day can you consistently dedicate to building your business and keep free from distractions?
