

Finding Your H.E.R.O. Time Worksheet

Identifying a dedicated time in your day for self-improvement is a crucial step toward building your inner H.E.R.O. Follow the steps below to **find a 15-minute block** of time that you can commit to daily.

Instructions:

1. Fill in the blanks below with everything you do during each hour in a typical day, from waking up to going to bed.
2. Once you've filled it all in, scan your schedule for unutilized chunks of time where you can spare 15 minutes. Pay special attention to the morning hours – prime time for carving out some "me" time before the day gets busy.
3. Once you've identified your ideal 15-minute time block write down how you'll use it for personal growth (e.g., meditation, reading, journaling, exercise, etc.).

Daytime:

6:00 AM - 7:00 AM _____

7:00 AM - 8:00 AM _____

8:00 AM - 9:00 AM _____

9:00 AM - 10:00 AM _____

10:00 AM - 11:00 AM _____

11:00 AM - 12:00 PM _____

12:00 PM - 1:00 PM _____

1:00 PM - 2:00 PM _____

2:00 PM - 3:00 PM _____

3:00 PM - 4:00 PM _____

4:00 PM - 5:00 PM _____

5:00 PM - 6:00 PM _____

Evening:

6:00 PM - 7:00 PM _____

7:00 PM - 8:00 PM _____

8:00 PM - 9:00 PM _____

9:00 PM - 10:00 PM _____

10:00 PM - 11:00 PM _____

11:00 PM - 12:00 AM _____

My 15-Minute H.E.R.O. Time:

Time slot: _____ AM/PM

Activity: _____

You are worth investing in! Dedicate this 15-minutes to yourself, and watch your personal growth flourish.

Commitment Pledge:

Sign below as a commitment to honor this daily 15-minute block as your H.E.R.O. Time.

I commit to dedicating 15 minutes daily to work on my inner H.E.R.O. and pursue my goals.

Signature: _____ Date: _____

Remember, it's not about the length of time but the consistency of your commitment. This daily practice will contribute significantly to your personal growth and the development of your inner H.E.R.O.

