

TIME BLINDNESS

WHERE DOES THE TIME GO?

EXERCISE 13 | PART 1

Time blindness makes hours feel like minutes and minutes feel like hours. Use this to audit a typical day—not to judge yourself, but to see where your focus actually lands.

STEP 1: SKETCH OUT YOUR DAY

TIME BLOCK	WHAT I DID	VIBE/FEELING	DRIFT OR PURPOSE?
07:00 – 09:00			
09:00 – 12:00			
12:00 – 15:00			
15:00 – 18:00			
18:00 – 21:00			
21:00 – SLEEP			

TURN OVER TO SPOT THE LEAKS →

TRIAGE & TINY TWEAKS

STEP 2: SPOT THE LEAKS

WHICH BLOCKS FELT GOOD? (THE ANCHORS)

WHERE DID TIME DRIFT? (SCROLL-HOLES, PROCRASTI-CLEANING)

NOTICE PATTERNS (ENERGY DIPS? FOCUS SPIKES?)

STEP 3: TRY A TINY TWEAK

SCROLL-HOLES?

Use a visual timer or app blocker for just one specific session.

FORGET TO EAT/MOVE?

Set phone alarms for fuel breaks and simple movement.

MID-TASK FREEZE?

Use a 2-minute 'micro-start' to just open the document.
That's the win.

DRIFTING INTO ADMIN?

Write a clear "One Task Plan" before you open your laptop.

"You don't need a perfect routine; you just need a nudge in a better direction."