

HEADSPACE TRACKING

I love my headspace. If you've listened to my headspace podcast, you know why! If you haven't heard it, go here: www.somethingbettermydarling.com/podcasts.

To me, headspace is the amount of room in my brain that is opened up when I am not obsessing over something that is not worth my time or effort.

This document is to help you track how you are currently using your headspace so you can adjust! Like a money budget, you need to track first, then re-prioritize.

Steps

1. Track and identify what is taking up your headspace below.
2. Analyze your tracking sheet. Determine if you are spending too much time, or not enough time in certain areas. Adjust accordingly.
3. Identify how you'd LIKE to fill your headspace (use next page).
4. Start each morning with a clear intention.
5. When obsessing sets in, feel it, let it go.
6. Enjoy your new headspace!

TIME	CATEGORY
------	----------

6:00 am

7:00 am

8:00 am

9:00 am

10:00 am

11:00 am

Noon

1:00 pm

2:00 pm

3:00 pm

4:00 pm

TIME	CATEGORY
------	----------

5:00 pm

6:00 pm

7:00 pm

8:00 pm

9:00 pm

10:00 pm

11:00 pm

Midnight - I really hope you're sleeping!

Categories to choose from: kids, work, family (extended), relationships (spouse, partner, friends, co-workers), faith, physical health, mental health, new ideas, finances and you can add your own!

HEADSPACE TRACKING

Use this sheet to categorize how you'd LIKE to use your headspace and try to stick to it! Remember to start your morning with intention!

Categories to choose from: kids, work, family (extended), relationships (spouse, partner, friends, co-workers), faith, physical health, mental health, new ideas, finances, and you can add your own!

TIME	CATEGORY	TIME	CATEGORY
6:00 am		5:00 pm	
7:00 am		6:00 pm	
8:00 am		7:00 pm	
9:00 am		8:00 pm	
10:00 am		9:00 pm	
11:00 am		10:00 pm	
Noon		11:00 pm	
1:00 pm		Midnight - I really hope you're sleeping!	
2:00 pm			
3:00 pm			
4:00 pm			