

# Another Beautiful Life

## Intentional Living: My 24-hour day

Write down how you used up your 24 hours yesterday. It doesn't matter if it was a work day or an off day. You had 24 hours, and you got to spend them. Make a list below of everything you spent time on. Include driving and eating and talking and thinking and phone calls and buffering and Facebooking and sleeping. The more detailed you are, the better.

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Now, when you consider how you spent your day, what are your thoughts about how you spent your time? List them here.

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If you could go back and redo this day and spend your time better, what would you do differently, and why?

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The truth is, most of us don't live our days deliberately. We live unconsciously and let the day slip away without using anything to manage our time. We look up and the day is gone with very little care about the spending of each hour, and each hour is truly a gift.

Now, I want you to imagine that tomorrow is your last day. You only have 24 hours left in your life. How would you spend your day? Do not skip this exercise. I really want you to examine what you would create with your most valuable 24 hours. Be as detailed as possible.

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This exercise was designed to give up more awareness of how we have been spending our time. And this will give us an indication of how we think about time.

There's so much to learn from comparing these two days. And while you most likely can't live each day like it was your last, you probably aren't living your current day like it's the only life you have. You most likely aren't being as deliberate with each day as you could be.

When we can put more time into our days, we can create a more fulfilling life. The reason for this is that we can fill each moment with what we are wanting to create on purpose, instead of mindlessly "doing our time" in our life haphazardly.

Imagine if you were willing to live your life with even half as much care as you would live your last day of your life.

I have something crazy to tell you. This might be your last 24 hours. You would never know it, but no one usually does. It could be much sooner than we planned. So my suggestion is that we live with intention so we have no regret that we wasted any of it.

Please continue on to the "What do you think & believe about time?" Worksheet.