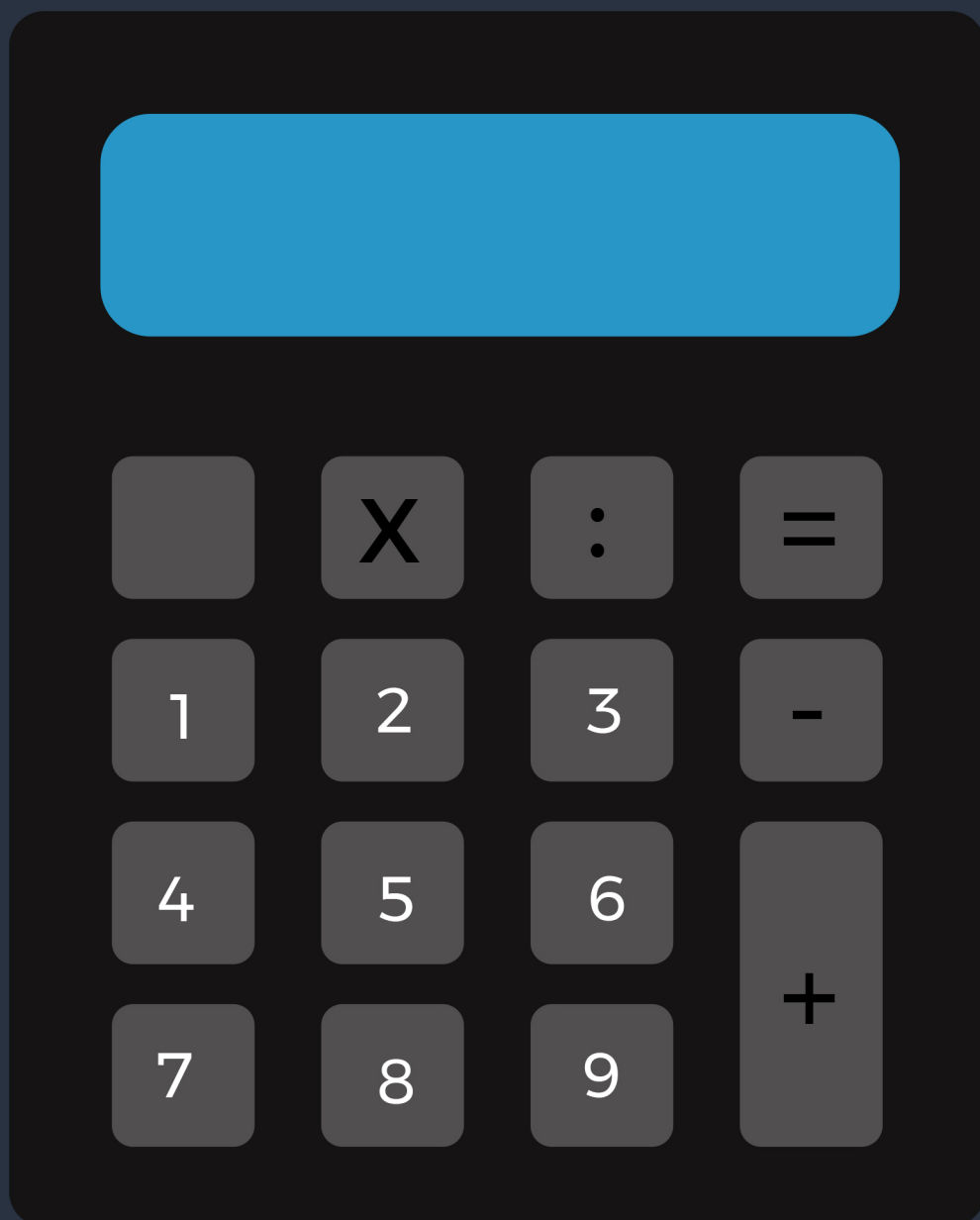




THE LIFE TIME CALCULATOR



Introduction

Do you notice that our lives are a series of experiences? Everything we pursue is, at the end of the day, aimed at creating positive meaning out of these experiences. Everyone wants to have more enjoyable experiences than unpleasant ones, and want the same for those they care about.

But what is the currency that you must trade to have these experiences?

That currency is time.

Time is finite. A day will always be 24 hours. There will always be 60 minutes in an hour, and there will always be 60 seconds to a minute. Some lives are longer, some are shorter, but let's assume you're lucky and get around 70-80 years.

The truth is, time is precious and we can't control external circumstances. How many more years can you really afford to waste?

The world doesn't stay static. Things are always changing. Circumstances change beyond your control. You might have an opportunity now but who's to say this opportunity will still be around... a year... a few months, or even tomorrow?

So, don't assume your window of opportunity is always going to be there for you. Chances are that it won't.

To help you understand how precious time really is, here's a simple exercise to help you scale up the way you spend your everyday time. That way, you will be able to look at the big picture of your life.

How Wise Are You Using Your Time?

When we live, we focus on the present, hence we generally experience time on a zoomed-in day to day level. It's not often that we actually zoom out and look at how we spend our time from a big picture perspective.

Have you ever really visualized just where all your time goes? It's hard to really get an understanding by just thinking about it.

Our minds are accustomed to perceiving time easily when it's short term. Scaling up is one way to help you grasp the impact of something over the long term. It also helps you to look at the big picture of your life.

Here's how to do it:

1. List out your regular habits or activities

Write down **10 regular habits or activities** you do each day, and mark down how much **time you spend** on each one. With each activity, mark down whether it is a **Time Investment** or a **Time Expenditure**:

#	Habits / Activities	How much time spent daily?	Time Investment or Time Expenditure?
1	Example: Watching TV	2 hours	Time Expenditure
2			
3			
4			
5			
6			
7			
8			
9			
10			

2. Review the time spent on these habits or activities

Calculate how many weeks in your lifetime these 10 regular habits or activities take up:

#	Habits / Activities	How much time spent daily?	How many years do you keep this Habit / Activity for?	How many hours in your lifetime?	How many weeks in your lifetime?
1	Example: Watching TV	2 hours	30	$2 \times 365 \times 30 = 21,900$	$21,900 / 168 = 131$
2					
3					
4					
5					
6					
7					
8					
9					
10					

* We'll use 1 year as having **365** days.

** There are 24 hours in a day, hence there are $24 \times 7 = 168$ hours in a week.

3. Fill out the Life in Weeks chart

In the following Life in Weeks chart, cross out the number of weeks taken up for each of your 10 regular habits or activities based on your results above.

Remember to use a different color for each habit/activity!

[Download the Lifehack Life in Weeks Chart \(PDF\)](#)

4. Evaluate how you spend your time

How are you spending most of your time?

Have you been spending way less time on things that are important to you? How many more years, months, or even weeks do you have to really work on the things that matter to you?

Until you can visualize your time on the chart, you won't be able to realize you've nearly spent 2 years in total just watching Netflix or scrolling Facebook every night. You probably won't be aware that you may only have less than 50 weeks cease a promotion opportunity.

Become the Master of Your Time

Now that you get a clear picture of how you're spending your time, it's not too late to turn your life around and start spending time on stuff that are truly important to you.

You can stop letting another day go to waste by living with a clear intention and breaking free from your everyday limitations.

You CAN become the master of your own time.

How?

At Lifehack, we teach about [The Lifehack Breakthrough Framework](#). It helps people shift their paradigms and consistently turn any limitation into an opportunity that is achievable.

In fact, Lifehack has helped millions of readers change their lives successfully by adapting this Framework.

The Breakthrough Framework is made up of 4 Pillars:



Each pillar represents an essential step to breaking through any difficult situations. One step followed another, they are the foundations for making life changes including switching careers, breaking a bad habit, stepping out of the comfort zone, and even improving relationships.

If you'd like to learn more about the Lifehack Breakthrough Framework to start to take control of your time and change your life, then stay tuned in with our email newsletter. All the tips and tricks that help you breakthrough and live your best life will be delivered to your inbox!