

Prioritization Results for the Project "Self-improvement Path"

This year, I want to improve my personality, health, relations, and career. I have 14 hours per week for self improvement and want to decide how to use that time.

Starts at: January 1st, 2019
Ends at: December 31st, 2019
Total available time: 14 hours

This list shows which **activities** you should choose first, second, and last according to your most important **criteria**.

To choose for sure

1. Every day read a book for 30 minutes (99%) (TIME ESTIMATION: 3 HOURS 30 MINUTES.) ☐
2. Watch a TED talk a day (99%) (TIME ESTIMATION: 2 HOURS 20 MINUTES.) ☐
3. Write in journal for 20 minutes every day (87%) (TIME ESTIMATION: 2 HOURS 20 MINUTES.) ☐
4. Take vitamins (87%) (TIME ESTIMATION: 21 MINUTES.) ☐
5. Be grateful for what you have (87%) ☐
6. Keep in touch with friends at least for 2 hours in a week (87%) (TIME ESTIMATION: 2 HOURS.) ☐
7. Do random acts of kindness (87%) (TIME ESTIMATION: 30 MINUTES.) ☐
8. Listen to a podcast daily (81%) (TIME ESTIMATION: 2 HOURS 20 MINUTES.) ☐

Total available time reached

9. Meditate 10 minutes every day (76%) (TIME ESTIMATION: 1 HOUR 10 MINUTES.) ☐

To consider

10. Keep good posture (69%) ☐
11. Cook dinner at home at least once a week (59%) (TIME ESTIMATION: 30 MINUTES.) ☐
12. Practice musical instrument for 30 minutes a day (58%) (TIME ESTIMATION: 3 HOURS 30 MINUTES.) ☐
13. Wake up at 6:00 every day (56%) ☐
14. Practice drawing for 1 hour every weekend (50%) (TIME ESTIMATION: 60 MINUTES.) ☐
15. Reduce alcohol consumption (42%) ☐
16. Do not watch porn (41%) ☐
17. Do workout for 30 minutes twice a week (40%) (TIME ESTIMATION: 60 MINUTES.) ☐
18. Clean the home for 15 minutes (40%) (TIME ESTIMATION: 15 MINUTES.) ☐
19. Reduce sugar (32%) ☐

To skip

20. Don't smoke (13%)



As evaluated according to these criteria

- Improves personal relationships
- Brings good mood
- Good for career growth
- Helps the society