



Part 1:

In order to have a blog you have to be realistic with your time.

Sure you can “*start a blog*” but it’s the maintenance of the blog that will make it worthwhile!

So before we move forward we need to do some introspection. At the bottom of this page you can you will find a 24 hour schedule. This 24 hour schedule is there for you to log your every waking move.

That’s right, log your activity!

We need to know exactly what it is you are doing with your time so that we can be efficient with your blog planning.

What kind of activity to log?

Time spent sleeping

Working

Exercising

On social media

Eating

Preparing meals

Commuting

School
Talking on the phone

Etc

We log this information to assess the areas that need a bit of balance, and then identify the times where we can dedicate time for our blogs.

So for the next 24 hours starting now, until 24 hours later, start logging your activity!

<http://achieverperfection.com/wp-content/uploads/2017/12/ahp-tracker-pdf.pdf>

Return tomorrow to complete Part 2

Part 2:

Hello Loves! Welcome to Day 2!

If you haven't completed Day 1 for the tracker, PLEASE go back and start it is imperative that you have those results before we proceed.

Hopefully by now you've tracked all of your results and you are completely ready to assess how you manage your time.

Grab a highlighter, pen, crayon, or anything of the sorts as we will begin to sort our data. On a scrap paper, write down common themes you see on your tracker. So if you logged "gym", write down gym as a category. If "TV" is there write down TV, if you have times you're doing "nothing" write down "nothing".

Once you have your categories you then tally up all the times for each activity and write the hours down under each category.

Be sure to do this to EVERY category because in the end it should equal 24 hours.

*I do understand everyone may not have the same routine daily, however it should provide you with your ideal day!

Once you're done you may have that "OMG I'm a robot feeling", or "OMG I do XYZ way too much."

No matter your response you should be able to find instances where you aren't really maximizing your time. Perhaps you watch TV for 4 hours out of your day, when you could be doing something a little more productive.

I'm not here to be a drill sergeant, nor tell you how to live your life, but after assessing your times, figure out the areas where you can a lot maybe 4 15 minute blocks for your blogging business, or even hour chunks.

After all, blogs don't maintain themselves. It takes time and effort. This exercise will most definitely help you remain consistent.

Your next task will be to download that same 24 hour tracker sheet and write in what an ideal day would be like if you allotted specified times for your blog.

By creating this new 24 hour day, you are creating your blogging reality!
Download your clean tracker here: [ahp tracker pdf](#)