



The 7 Day Challenge

See where your time actually goes — before you try to change anything.

HOW IT WORKS

1 Two fields. That's it. Every time you switch tasks, write the Time and the Action. Nothing else.	2 No categories. No ratings. You are not judging what you did. You're just recording that it happened. Judging comes later.
3 Stuck counts. Can't start? Write "Stuck" and what you were stuck on. That's real data and it belongs here.	4 7 full days. Start when you wake up. Stop when you go to sleep. Seven honest days beats a month of guessing.

WHY THIS WORKS

"You can't fix what you can't see."

You wouldn't hand someone a budget with no numbers on it and ask them to spend wisely. Your time works the same way. Right now you're spending it without a statement to check it against.

The 7 Day Challenge is that statement — a plain record of where the hours actually went, so the next decision you make about your time is based on what's true, not what you assume.

One rule if you get stuck filling this out:

Write down that you're stuck. That's not failing the exercise — that IS the exercise.

WHAT HAPPENS AFTER 7 DAYS

LOOK

Lay out all 7 days. Look for patterns — when you're moving, when you're stuck, what's eating time.

SEE

The data doesn't lie. Most people are shocked by what they find. That's the point.

DECIDE

Now you have something real to work with. What comes next is up to you — but it'll be based on truth.

Ready to go deeper?

Visit soarwiththeeagle.com or tap Eagle's Blinq card to learn what comes next.

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