THE ICU-COACHING® DAILY TIME LOG

As preparation for our coaching sessions please complete this exercise:

The following pages contain The ICU-Coaching® Daily Time Logs (DTL) for your activities from the time you wake up until you go to bed for seven consecutive days. Be honest with the way you spend your time each day…this exercise will give both of us a better indication of where time management coaching will be needed to get your business to the next level. Your DTL should be precise for activities spent each day. (Time for bodily functions does not need to be recorded) that would be "TMI"! ☺

Remember to record required daily family responsibilities, Travel Time, Personal Activities such as exercise, Meetings, Appointments, Showings, and Prospecting Activities.

Once this exercise along with the ICU-Coaching® Questionnaire has been turned in we will schedule a time for our first session.

1. "The unfortunate thing about this world is that good habits are so much easier to give up than bad ones." ~Somerset Maugham

2. "Bad habits are like a comfortable bed, easy to get into, but hard to get out of." ~Unknown

3. "Bad habits are like chains that are too light to feel until they are too heavy to carry." ~Warren Buffet

4. "First we form habits; then they form us. Conquer your bad habits or they will conquer you." ~Robert Gilbert

5. "The chains of habit are generally too small to be felt until they are too strong to be broken." ~Samuel Johnson

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ICU-Coaching® Daily Time Log

Agent ______________________________ Monday Date ________________________

Time Awake ___________________ Time To Bed ______________________

Time of Activity	Activity

ICU Coaching
inspire~coach~understand

ICU-Coaching® Daily Time Log

Agent ______________________________ Tuesday Date ________________________

Time Awake ___________________ Time To Bed ______________________

Time of Activity	Activity

ICU Coaching
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ICU-Coaching® Daily Time Log

Agent ______________________________ Wednesday Date_______________________

Time Awake ___________________ Time To Bed ______________________

Time of Activity	Activity

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ICU-Coaching® Daily Time Log

Agent ______________________________ Thursday Date ________________________

Time Awake ___________________ Time To Bed ______________________

Time of Activity	Activity

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ICU-Coaching® Daily Time Log

Agent ______________________________ Friday Date ________________________

Time Awake ___________________ Time To Bed ______________________

Time of Activity	Activity

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ICU-Coaching® Daily Time Log

Agent ______________________________ Saturday Date ________________________

Time Awake ___________________ Time To Bed ______________________

Time of Activity	Activity

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ICU-Coaching® Daily Time Log

Agent ______________________________ Sunday Date ________________________

Time Awake ___________________ Time To Bed ______________________

Time of Activity	Activity

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Remarks about day and how you think you did managing your day:
Write down at least one thing you were thankful for each day..

Monday :

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday: