

EXERCISE

Voting with Time



Time: solo 10 or more minutes, in conversation 15 or more minutes per person



Setup and materials: pencil and paper or a printed category checklist. You can print from this exercise page or see checklists.



Good For: Individuals, families, teams

Framing:

In describing Aligned Action, we talk about voting with your time and your money and your energy. You can do the following exercise with any of these three categories. I did it first with time. It's an understatement to say we have experienced big changes in 2020 and 2021. How did we spend our time Before? How do we spend it differently now? Time is such a limited resource; 8760 hours a year feels like a small budget to fit life's needs and wants into.

Steps:

1. Solo
Take a look at the list below and choose a few categories. Many will be irrelevant for you, just choose three to five that you sense have changed most.
2. With each category, you will make a guess about the hours in a typical week that you've allocated differently over the past year. Some activities may have dropped out completely, others have changed to a remote option.

Your first guess will be about the hours you spent pre-2020 in this category. For some categories you will have replaced the hours with another form (online, phone, text/email) so enter that number of hours in the second blank.

You can get periodic events into your week evaluation; here are a couple examples. If you go to a four-hour party every two weeks or so, write it down as two hours a week. If you travel for eight days every couple months, you can break it down to one day, 24 hours a week.

3. Notice the changes you've experienced in how you spend time. Most people who've done this evaluation find they have more time, their days have fewer obligations.

For some, that makes them nervous. For others it opens possibilities. What do we want to do with our newly available hours?

4. Consider which of your changes in behavior you might keep when restrictions ease?

“Time management is an oxymoron. Time is beyond our control, and the clock keeps ticking regardless of how we lead our lives. Priority management is the answer to maximizing the time we have.” – John C. Maxwell

TEMPLATE

Time Checklist

- | | |
|---|-------------------------------------|
| _____ hours/week available since I don't go shopping | _____ hours replaced with online |
| _____ hours/week available since I don't get together in person with family | _____ hours replaced with online |
| _____ hours/week available since I don't meet with friends | _____ hours replaced with online |
| _____ hours/week available since I don't go to movies | _____ hours replaced with streaming |
| _____ hours/week available since I don't go to church | _____ hours replaced with online |
| _____ hours/week available since I don't dress up for work | |
| _____ hours/week available since I don't commute to work | |
| _____ hours/week available since I don't go to the theatre or concerts | _____ hours replaced with online |
| _____ hours/week available since I don't go to restaurants | |
| _____ hours/week available since I don't attend parties | _____ hours replaced with online |
| _____ hours/week available since I don't go to conferences | _____ hours replaced with online |
| _____ hours/week available since I don't attend in person meetings | _____ hours replaced with online |
| _____ hours/week available since I don't commute to meetings | _____ hours replaced with online |
| _____ hours/week available since I don't attend sports events | _____ hours replaced with online |
| _____ hours/week available since I don't have book club, knitting group, etc. | _____ hours replaced with online |
| _____ hours/week available since I don't travel for leisure | |
| _____ hours/week available since I don't _____ (your noticing) | _____ hours replaced with online |

Time pre 2020 _____ Replaced time _____

time available net gain _____ or time net loss _____