

EXERCISE

8760 Hours: What's Worth 1000?



Time: One full year



Setup and materials: Thousand Hour Logbook (template) or pencil/pen and paper



Good For: Individuals, couples, families

Framing:

You have 8760 total hours in a year, on average 5840 waking hours/year, 1460 waking hours/quarter, 112.3 hours/ week.

What is worth a thousand of those hours? That would be around a sixth of your awake hours. There's no doubt that's a big commitment. It requires 20 hours a week for 50 weeks of the year.

And... imagine what could happen with a focused investment of that size in, anything.

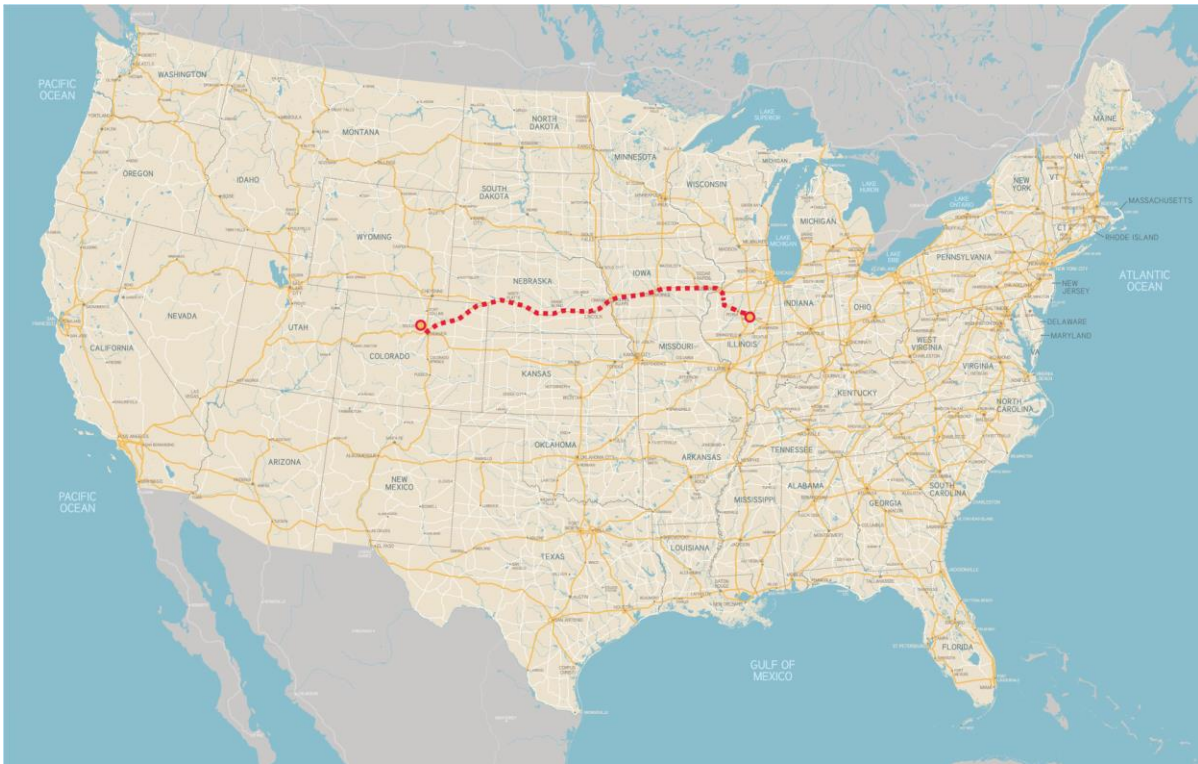
Steps:

1. Choose your project. Make it personal or professional. You might select something that's fleeting, even trivial, fun, playful. Immerse yourself in a hobby or entertainment. Or you could select something that will set a direction in your career, or change the dynamic in your family life, or alter the physical space you live in, or impact your personal growth for years to come. You choose. What is worth 1000 hours?
2. Track your hours toward 1000. If you're keen to get technical, use a timeclock. The old mechanical ones are fun, but apps are available. And there are hundreds of other ways of tracking your hours. One template is like a pilot log book. Another option is to set out hours on a map using miles or kilometers to represent hours. You can watch yourself moving through a landscape of time.
3. Make notes to include any details you want to track. What opportunities arose as you engaged with the project? What were the stumbling blocks or unexpected challenges? How do you get around them? Notice how help comes, from people or information or circumstances.
4. At the end of the year, review. You might abandon this project. You may have learned all you wanted to in this 1000 hours. Or it could be that this is a beginning. It has taken hold of you or even created a life of its own.

TEMPLATE

8760 Hours: Tracking 1000

From Normal Illinois to Boulder Colorado is about 1,000 miles:



Use one of these maps or your own to map out your 1,000 mile (or kilometer) journey.

