

Time Budget instructions: You have 24hrs each day. The objective for your time budget is to assign an activity to each hour throughout each day. Refer to this game plan each day as you search for your next job.

Don't hold back either. Remember the Lifestyle First Framework we covered in Module 2. Your life OUTSIDE of your job search is just as important as your search, if not more.

If you forget to set aside time for yourself and what you are passionate about, your job search will hold you in a slump. Life is too short to be miserable in this season of life.

Your job search doesn't need to be miserable, so mix it up and plan your day around what makes you feel a sense of accomplishment and joy.

Start with Fixed Times then work down the rows until you get to the time you need for researching and applying for jobs. I'd suggest at least 4 hours here.

Fixed Times	Hours	Complete																		
Sleep		8 Yes																		
Breakfast		1 Yes																		
Lunch		1 Yes																		
Dinner		1 No																		
Personal																				
Hang out with friends		1 No																		
Pickup bball		1 No																		
Family time		1 No																		
Chores																				
Laundry	-	No																		
Mowing	-	No																		
Dishes	-	No																		
Vacuum	-	No																		
Simple Daily Wins	(you will learn about your simple daily wins in Module 3 of Foundations to a Successful Job Search)																			
SDW 01		2 Yes																		
SDW 02		1 Yes																		
SDW 03		1 Yes																		
Job Search	(you will learn about best job searching techniques and advanced networking skills in Module 4: Networking Masterclass)																			
JS 01		3 Yes																		
JS 02		1 Yes																		
JS 03		2 Yes																		
Total		18	<< Fill out hours in column B until this = 24hrs																	

Worksheet 4 Couch to Career					
Date		Total	0 << Fill out hours in column B until this = 24hrs		
Fixed Times	Hours	Complete [Y/N]			
Sleep	-				
Breakfast	-				
Lunch	-				
Dinner	-				
Personal					
{description}	-				
{description}	-				
{description}	-				
Chores					
{description}	-				
{description}	-				
{description}	-				
{description}	-				
Simple Daily Wins					
{description}	-				
{description}	-				
{description}	-				
Job Search					
{description}	-				
{description}	-				
{description}	-				
{description}	-				

Worksheet 4 Couch to Career					
Date		Total	0 << Fill out hours in column B until this = 24hrs		
Fixed Times	Hours	Complete [Y/N]			
Sleep	-				
Breakfast	-				
Lunch	-				
Dinner	-				
Personal					
{description}	-				
{description}	-				
{description}	-				
Chores					
{description}	-				
{description}	-				
{description}	-				
{description}	-				
Simple Daily Wins					
{description}	-				
{description}	-				
{description}	-				
Job Search					
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Personal					
{description}	-				
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{description}	-				
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{description}	-				
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Simple Daily Wins					
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Job Search					
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