



AMIT GUPTA

# Making Time Count with Amit Gupta

At the end of each year, Amit does a review of his life. Here is one way that you might design a life review, in order to bring more joy into your days.

## 1. PICK A SPAN OF TIME

It could be a week, a month, 6 months, a year, or another timeframe that feels right to you.

## 2. GATHER YOUR THINGS

Gather all the things you use to mark time: your calendars, photo apps, journal, notebooks, and anything else. Comb through each one and make a list of all the ways you spent your time.

## 3. MAKE A LIST

Now make a new list with two columns. In one column, write all of the activities that filled you with joy. In the other column, write all the activities that felt the opposite way.

## 4. FIND YOUR JOY

In the joy column, circle all the things you want to spend more time doing.

## 5. MAKE A GAME PLAN

Make a game plan for how you'll actually spend more time doing the things that bring you joy. For example, Amit adds these activities to his calendar.

## 6. BRING ON THE JOY!