



HOW MANY HOURS IN YOUR DAY?

At **OPTAVIA**®, we're here to help you become your most fulfilled you. You may have hidden time in your schedule. Let's explore a typical day to find out where you might be able to get more out of your **OPTAVIA** business to help transform more lives.

In your 24-hour day, where are your hours spent?

Activity	Hours
Sleeping	
Commuting	
Working (primary job)	
Building your OPTAVIA Business	
Eating (Fueling 6 times a day?)	
Exercising/Sports/Being active	
Socializing/spending time w/ family & friends	
Personal development	
Chores/Necessary activities (getting ready, laundry, etc.)	
On social media	
Screen time (TV, tablet, smart phone, etc.)	
Hobbies/Leisure Activities	
Other	

What did you find out about your schedule? Sometimes, to grow, it takes a season of focusing on what you want to create a life that matters to you most. That can mean start doing more of certain activities and less of others. You may also consider finding help with certain activities, like housework, yard work, or childcare if needed to create more time for the people in your life and your business. Talk with your Business Coach or mentorship team to discuss more. We believe in your potential!

Remember, **OPTAVIA** gives you the power to shape your destiny and create a life of greater momentum and potential financial freedom. Just one hour each day can make a big difference if you are consistent!

We encourage you to work with your Business Coach/Mentor support team throughout this process. Our Community is here to support you every step of the way.
 Questions? Check out [OPTAVIA ANSWERS](#), call 1.888.OPTAVIA, or fill out the [Contact Us form](#) on your [OPTAVIA personalized website](#)!