

# »»» *Disciplined Pursuit* EVALUATION

## *Real Roadblocks:*

What are the roadblocks in your life that you feel keep you from being able to put time into your blog? (Pinterest browsing, television, schedule)

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## *Real Solutions:*

Think about your daily schedule. Where are there spaces that you could work on your blog in some way in margins (sports practice, car pool, early morning, late at night, lunch break, etc?)

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## *When are you most productive?*

Looking at your natural creature habits, when are you most productive or have the most energy during the day?

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## *Real Reflection*

Be brutally honest- where, when or on what do you literally waste time each day?

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## *Real Trades*

What are two ways you could add more time for blogging in your daily life by trading something else? Would it be worth it?

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## *Reality Check*

The point of this exercise is not to make you feel guilty, or make you make major changes to your daily groove. The point is to have you take an honest look at your daily routine and find time to blog where you might not have previously envisioned time for blogging. To help you see that when you are vegging out on television with your spouse, you might be able to do mindless activities like schedule social media posts, edit images or do things that don't require your full attention. While also helping you see the day for all the potential blogging time you have to work with rather than the time you don't have!