



Seven-Day Time & Spending Snapshot

A reflection on how we use our hours and resources in alignment with our values of gratitude and generosity.

For one week, jot down how you spend your time and where your money goes. At the end, reflect on what patterns you notice. Where do your commitments and your spending reflect your deepest values? Where might you want to make a shift?

Time Snapshot (Hours per Day)

Day	Major Activities / Commitments	Hours Spent	Notes / Reflections
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Spending Snapshot (Daily Expenses)

Day	Purchases / Expenses	Approx. Amount	Notes / Reflections
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Reflection Prompts

1. Which activities or expenses brought you joy or connection this week?
2. Which ones felt out of alignment with your values?
3. What surprised you about how your time and money are distributed?
4. What small change could move your habits toward greater gratitude or generosity?