

Writing Prompts for Time Blocking

- Look at a single day of your calendar and narrate it as if it were a short story. Who's the main character? What's she chasing? Where does she lose herself? What would happen if she were fully in control of her time?
- Imagine you could protect three hours a week as untouchable, unbothered, yours alone. When would they be, what would you do, and what part of yourself would you be protecting by doing it?
- It is Sunday evening. Take a moment to think about what is ahead of you tomorrow (Monday). Look at your calendar if you need to. What comes up for you thinking about this? What are you excited about? Dreading? What do you wish could be different about your upcoming Monday?

