

UNCULTURED COACHING



THE 14-DAY

The Time *Audit*

The planner that helps you get your life together. Put your time on the page and let your calendar tell you the truth.

1	2	3	4	5	6	7
8	9	10	11	12	13	14

14 DAYS

1 QUESTION A DAY

YOUR ASSIGNMENT AWAITS

unculturedcoaching.co

@uncultured.community

BEFORE YOU BEGIN

Pull up *a chair.*

A letter for you



Welcome. I am glad you are here.

I believe deeply in small daily things. The changes you want in your life are built by what you reconcile inside yourself, one ordinary day at a time. This planner gives you fourteen of them.

For the next two weeks you write down where your hours go. All of them: the meetings, the errands, the scrolling, the walk you keep promising yourself. Put it on the page and your calendar tells you the truth about your priorities. Period.

I have spent almost two decades building my own business, and I learned this early: you cannot skip the internal work. Every outcome out in your life begins with an honest look inside it. These pages hold that look for you.

Write it down without judging it. You will see what drains you, what charges you, and what you keep saying yes to out of habit. Bring grace and patience every day. Then answer the one question that closes each page: What would you change?

You deserve a life that feels good in your own skin, measured by your own standard. Pull up a chair, grab a pen, and start with today. I am cheering for you.

Shauna K. Henson

COACH AND FOUNDER · UNCULTURED COACHING

YOUR FIRST STEP



Turn the page and write down what you did in the last hour.

Your calendar tells you *the truth.*

For 14 days you write down where your hours go. On Day 14 you hold a clear picture of the life your calendar has been building.

Acceptable Misery hides inside a full calendar. Put it on the page and you can see it, name it, and choose what comes next.

HOW IT WORKS

1

LOG YOUR DAY

Write what you did, hour by hour.
Estimates count.

2

MARK HOW IT FELT

Pick the face that matches each hour:
drained, okay, or alive.

3

ANSWER ONE QUESTION

The same question closes every day:
What would you change? Your
answers deepen as the days stack up.

4

TAKE THE BREAK PAGES

Two pages follow every pair of days.
Expect a note, a brain dump, a pillar
check-in, a dream Monday, or an
inspiration board.

PRIMER PROMPTS

Sit with these before Day 1

- Where do I want more of my life to go?
- What do I keep saying yes to?
- What would I do with one extra hour every day?

PRO TIP

Put your three check-ins on your calendar like meetings: morning, midday, and evening. What you schedule gets done.

“Your calendar is about to start governing your life for a minute.”

Mark each day. *Collect all fourteen.*

Fill each box when you complete a day. Day 7 brings a reflection page. Day 14 brings your reveal.

M T W T F S S

WEEK 1

1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	REFLECT ☐

WEEK 2

8	9	10	11	12	13	14
☐	☐	☐	☐	☐	☐	REVEAL ☐

WHY I'M DOING THIS

Finish the sentence: "I'm ready for..."

MY STARTING DIALS

Energy

1 2 3 4 5 6 7 8 9 10

Focus

1 2 3 4 5 6 7 8 9 10

Calm

1 2 3 4 5 6 7 8 9 10

Joy

1 2 3 4 5 6 7 8 9 10

Mark 1 to 10. You check again on Day 7 and Day 14.

MY GUESS BEFORE WE START

I think most of my time goes to...

MY COMMITMENT

I, _____, give this ten minutes a day for 14 days. I write what is true and let my calendar speak.

Signed _____

Date _____



DATE _____

M T W T F S S

Pull up a chair. Day one starts now.

SCHEDULE

TIME	WHAT I DID	FELT
6:00 AM		☹️ ☹️ ☹️
7:00 AM		☹️ ☹️ ☹️
8:00 AM		☹️ ☹️ ☹️
9:00 AM		☹️ ☹️ ☹️
10:00 AM		☹️ ☹️ ☹️
11:00 AM		☹️ ☹️ ☹️
12:00 PM		☹️ ☹️ ☹️
1:00 PM		☹️ ☹️ ☹️
2:00 PM		☹️ ☹️ ☹️
3:00 PM		☹️ ☹️ ☹️
4:00 PM		☹️ ☹️ ☹️
5:00 PM		☹️ ☹️ ☹️
6:00 PM		☹️ ☹️ ☹️
7:00 PM		☹️ ☹️ ☹️
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10:00 PM		☹️ ☹️ ☹️
11:00 PM		☹️ ☹️ ☹️

TOP 3

- 1 _____
- 2 _____
- 3 _____

TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

LIFE CHECK

WATER 🚰🚰🚰🚰🚰🚰
SLEEP 🌙 _____ hrs
MOOD ☹️ ☹️ ☹️ ☹️ ☹️

ENERGY TODAY

1 2 3 4 5
6 7 8 9 10
DRAINED ALIVE

THE ONE QUESTION

What would you change?



DATE _____

M T W T F S S

Write what happened. Your calendar tells the truth.

SCHEDULE

TIME	WHAT I DID	FELT
6:00 AM		☹ ☹ ☹
7:00 AM		☹ ☹ ☹
8:00 AM		☹ ☹ ☹
9:00 AM		☹ ☹ ☹
10:00 AM		☹ ☹ ☹
11:00 AM		☹ ☹ ☹
12:00 PM		☹ ☹ ☹
1:00 PM		☹ ☹ ☹
2:00 PM		☹ ☹ ☹
3:00 PM		☹ ☹ ☹
4:00 PM		☹ ☹ ☹
5:00 PM		☹ ☹ ☹
6:00 PM		☹ ☹ ☹
7:00 PM		☹ ☹ ☹
8:00 PM		☹ ☹ ☹
9:00 PM		☹ ☹ ☹
10:00 PM		☹ ☹ ☹
11:00 PM		☹ ☹ ☹

TOP 3

- 1
- 2
- 3

TO DO

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

LIFE CHECK

WATER ○○○○○○○○

SLEEP 🌙 _____ hrs

MOOD ☹ ☹ ☹ ☹ ☹

ENERGY TODAY

- 1 2 3 4 5
- 6 7 8 9 10

DRAINED

ALIVE

THE ONE QUESTION

What would you change?

You *showed up.*

Two days in. Most people never look at where their time goes, and you have looked twice. That is the work.

Keep writing what happened. Facts are enough. Give every page grace and patience, because you are rewiring how you see your days.

Habits are how you get to your goals. Period. Today you built one.

Keep going.

TODAY'S DARE



Tell one person you are doing this for 14 days. Saying it out loud makes it real.

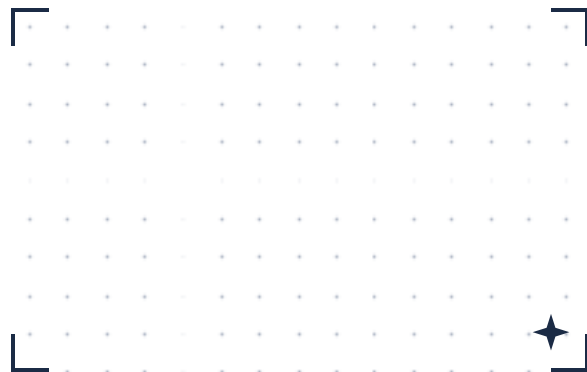
QUICK CHECK-IN

One win so far

One thing that drained me

One thing I'm proud of

DOODLE / PASTE SPACE



NOTE TO TOMORROW-ME

YOUR PROGRESS



2 / 14 DAYS

Empty your *head*

Everything you carry goes on this page.

EMPTY YOUR HEAD

Tasks, worries, ideas, that email, the promise you made yourself in March. Everything goes on this page.

NOW PICK 3 THAT MATTER

1

because

2

because

3

because

YOUR PROGRESS



2 / 14 DAYS



DATE _____

M T W T F S S

Every hour tells you something.

SCHEDULE

TIME	WHAT I DID	FELT
6:00 AM		☹️ 😐 😊
7:00 AM		☹️ 😐 😊
8:00 AM		☹️ 😐 😊
9:00 AM		☹️ 😐 😊
10:00 AM		☹️ 😐 😊
11:00 AM		☹️ 😐 😊
12:00 PM		☹️ 😐 😊
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9:00 PM		☹️ 😐 😊
10:00 PM		☹️ 😐 😊
11:00 PM		☹️ 😐 😊

TOP 3

- 1
- 2
- 3

TO DO

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

LIFE CHECK

WATER 🚰🚰🚰🚰🚰🚰

SLEEP 🌙 _____ hrs

MOOD ☹️ 😐 😐 😐 😊

ENERGY TODAY

- 1 2 3 4 5
- 6 7 8 9 10

DRAINED

ALIVE

THE ONE QUESTION

What would you change?



DATE _____

M T W T F S S

Put it all on the page, even the scrolling.

SCHEDULE

TIME	WHAT I DID	FELT
6:00 AM		☹️ 😐 😊
7:00 AM		☹️ 😐 😊
8:00 AM		☹️ 😐 😊
9:00 AM		☹️ 😐 😊
10:00 AM		☹️ 😐 😊
11:00 AM		☹️ 😐 😊
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9:00 PM		☹️ 😐 😊
10:00 PM		☹️ 😐 😊
11:00 PM		☹️ 😐 😊

TOP 3

- 1 _____
- 2 _____
- 3 _____

TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

LIFE CHECK

WATER 🍷🍷🍷🍷🍷🍷
SLEEP 🌙 _____ hrs
MOOD ☹️ 😐 😐 😐 😐 😐

ENERGY TODAY

1 2 3 4 5
6 7 8 9 10
DRAINED ALIVE

THE ONE QUESTION

What would you change?

Calling

Your assignment keeps interrupting your life.

WHY IT MATTERS

You were given ideas and a sense of direction for a reason. Your calling leaves clues in your days: the hours that felt alive and the work you would do without applause. Your time log holds those clues.

1 Which hours so far felt most alive? What were you doing?

2 What idea keeps returning to you, and how many hours did it receive in these days?

3 If nobody applauded and nobody paid you, what would you still spend time on?

HOW CLOSE AM I TO MY CALLING?

Right now

1 2 3 4 5 6 7 8 9 10

NOT YET

FULLY

MY NEXT STEP

☐

Put 15 minutes on your calendar this week for the most alive activity from question 1.

YOUR PROGRESS



4 / 14 DAYS

Design your *ideal Monday*

What you do when you have nothing you have to do is the gold standard.

THE QUESTION

Picture your most relaxed state. Nothing owed, nothing urgent. Write what your Monday looks like hour by hour, then hold it up against your Day pages.

MY DREAM MONDAY

TIME	WHAT I AM DOING
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	

SHOWS UP IN BOTH

What my real days and my dream Monday share:

MY NEXT STEP

☐

Put one hour of my dream Monday on my calendar this week. Write it here:

YOUR PROGRESS



4 / 14 DAYS



DATE _____

M T W T F S S

Notice what charges you and what drains you.

SCHEDULE

TIME	WHAT I DID	FELT
6:00 AM		☹ ☹ ☹
7:00 AM		☹ ☹ ☹
8:00 AM		☹ ☹ ☹
9:00 AM		☹ ☹ ☹
10:00 AM		☹ ☹ ☹
11:00 AM		☹ ☹ ☹
12:00 PM		☹ ☹ ☹
1:00 PM		☹ ☹ ☹
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10:00 PM		☹ ☹ ☹
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TOP 3

- 1
- 2
- 3

TO DO

- ☐
- ☐
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- ☐

LIFE CHECK

WATER ○○○○○○○○

SLEEP 🌙 _____ hrs

MOOD ☹ ☹ ☹ ☹ ☹

ENERGY TODAY

- 1 2 3 4 5
- 6 7 8 9 10

DRAINED

ALIVE

THE ONE QUESTION

What would you change?



DATE _____

M T W T F S S

Your calendar reflects your priorities. Read it.

SCHEDULE

TIME	WHAT I DID	FELT
6:00 AM		☹️ 😐 😊
7:00 AM		☹️ 😐 😊
8:00 AM		☹️ 😐 😊
9:00 AM		☹️ 😐 😊
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9:00 PM		☹️ 😐 😊
10:00 PM		☹️ 😐 😊
11:00 PM		☹️ 😐 😊

TOP 3

- 1 _____
- 2 _____
- 3 _____

TO DO

- ☐ _____
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- ☐ _____

LIFE CHECK

WATER 🚰🚰🚰🚰🚰🚰
SLEEP 🌙 _____ hrs
MOOD ☹️ 😐 😐 😐 😐 😐

ENERGY TODAY

1 2 3 4 5
6 7 8 9 10
DRAINED ALIVE

THE ONE QUESTION

What would you change?

Community

Find your people. Build your world.

WHY IT MATTERS

The people in your week shape the life you build. A person who leaves you at half battery deserves a second look. Your time log shows who receives your hours.

1 Who gave you energy this week? What were you doing together?

2 Who leaves you drained, and how much of your time do they receive?

3 Who do you want around more, and what is one way to make that happen?

HOW SUPPORTED DO I FEEL?

Right now

1 2 3 4 5 6 7 8 9 10

NOT YET

FULLY

MY NEXT STEP

☐

Send a message today to one person from question 1 or 3.

YOUR PROGRESS



6 / 14 DAYS

Sort what *you carry*

Every item earns its place or leaves.

MINE TO DO

Only I can do this.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____

HAND IT OFF

Someone else can carry this.

- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____

DROP IT

This no longer earns a place.

- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____

MY FIRST 15 MINUTES

The first step on my "mine to do" list:

WHO I ASK FOR HELP

One person and one task I hand over:

YOUR PROGRESS



6 / 14 DAYS



DATE _____

M T W T F S S

Seven days of evidence. Read them with grace.

SCHEDULE

TIME	WHAT I DID	FELT
6:00 AM		☹️ 😐 😊
7:00 AM		☹️ 😐 😊
8:00 AM		☹️ 😐 😊
9:00 AM		☹️ 😐 😊
10:00 AM		☹️ 😐 😊
11:00 AM		☹️ 😐 😊
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8:00 PM		☹️ 😐 😊
9:00 PM		☹️ 😐 😊
10:00 PM		☹️ 😐 😊
11:00 PM		☹️ 😐 😊

TOP 3

- 1 _____
- 2 _____
- 3 _____

TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

LIFE CHECK

WATER 🍷🍷🍷🍷🍷🍷
SLEEP 🌙 _____ hrs
MOOD ☹️ 😐 😐 😐 😐 😐

ENERGY TODAY

1 2 3 4 5
6 7 8 9 10
DRAINED ALIVE

THE ONE QUESTION

What would you change?



Week one *complete.*

Read your seven days. Notice what they say.

WINS

- ★ _____
- ★ _____
- ★ _____

DRAINS

- ☾ _____
- ☾ _____
- ☾ _____

SURPRISES

- ✦ _____
- ✦ _____
- ✦ _____

WHAT PATTERN KEEPS APPEARING?

Hours that felt alive. Hours that disappeared. Run each one through two questions: does it give you clarity and confidence, and does it recharge you?

NAME IT: WHAT AM I CALLED TO DO?

What have you felt called to do that you have not made time for? Name it here, even if it feels too big to say.

DIALS CHECK: HOW ARE YOU NOW?

Energy

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Calm

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Focus

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Joy

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

FOR WEEK TWO

KEEP

CHANGE

DROP

CELEBRATE

You showed up for 7 days. My reward:



DATE _____

M T W T F S S

Your time, energy, attention and money leave clues.

SCHEDULE

TIME	WHAT I DID	FELT
6:00 AM		☹ ☹ ☹
7:00 AM		☹ ☹ ☹
8:00 AM		☹ ☹ ☹
9:00 AM		☹ ☹ ☹
10:00 AM		☹ ☹ ☹
11:00 AM		☹ ☹ ☹
12:00 PM		☹ ☹ ☹
1:00 PM		☹ ☹ ☹
2:00 PM		☹ ☹ ☹
3:00 PM		☹ ☹ ☹
4:00 PM		☹ ☹ ☹
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6:00 PM		☹ ☹ ☹
7:00 PM		☹ ☹ ☹
8:00 PM		☹ ☹ ☹
9:00 PM		☹ ☹ ☹
10:00 PM		☹ ☹ ☹
11:00 PM		☹ ☹ ☹

TOP 3

1
2
3

TO DO

☐
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LIFE CHECK

WATER ○○○○○○○○

SLEEP 🌙 _____ hrs

MOOD ☹ ☹ ☹ ☹ ☹

ENERGY TODAY

1 2 3 4 5
6 7 8 9 10

DRAINED

ALIVE

THE ONE QUESTION

What would you change?

Week two *shows you the pattern.*

Week one gave you evidence. Week two shows you what the evidence means.

Look at what you wrote. Some hours charged your battery and some drained it. You are allowed to notice both.

Hear me: you do not have time to give away right now, because you cannot get it back. Protect what you found.

Protect your time.

TODAY'S DARE



Find the task you logged three times that drains you. Decline it, hand it off, or end it once this week. Outsource the stress.

QUICK CHECK-IN

One win so far

One thing that drained me

One thing I'm proud of

DOODLE / PASTE SPACE



NOTE TO TOMORROW-ME

YOUR PROGRESS



8 / 14 DAYS

Courage

Fear loses authority when you act.

WHY IT MATTERS

Courage isn't the absence of fear, it is doing the thing in spite of the fear. Fear loses authority the moment you take the next step. Your calendar shows where you have been waiting for permission.

1 What have you postponed again and again?

2 What is the honest sentence you have been avoiding about your current life?

3 What is the smallest brave version of the thing you postponed?

HOW BRAVE DO I FEEL?

Right now

1 2 3 4 5 6 7 8 9 10

NOT YET

FULLY

MY NEXT STEP

☐

Do the smallest brave version from question 3 this week. Write the date here:

YOUR PROGRESS



8 / 14 DAYS



DATE _____

M T W T F S S

Whatever repeats shows you what you keep saying yes to.

SCHEDULE

TIME	WHAT I DID	FELT
6:00 AM		☹️ 😐 😊
7:00 AM		☹️ 😐 😊
8:00 AM		☹️ 😐 😊
9:00 AM		☹️ 😐 😊
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11:00 PM		☹️ 😐 😊

TOP 3

- 1 _____
- 2 _____
- 3 _____

TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

LIFE CHECK

WATER 🍷🍷🍷🍷🍷🍷
SLEEP 🌙 _____ hrs
MOOD ☹️ 😐 😐 😐 😐 😐

ENERGY TODAY

1 2 3 4 5
6 7 8 9 10
DRAINED ALIVE

THE ONE QUESTION

What would you change?



DATE _____

M T W T F S S

Ask what each hour gives you.

SCHEDULE

TIME	WHAT I DID	FELT
6:00 AM		☹ ☹ ☹
7:00 AM		☹ ☹ ☹
8:00 AM		☹ ☹ ☹
9:00 AM		☹ ☹ ☹
10:00 AM		☹ ☹ ☹
11:00 AM		☹ ☹ ☹
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3:00 PM		☹ ☹ ☹
4:00 PM		☹ ☹ ☹
5:00 PM		☹ ☹ ☹
6:00 PM		☹ ☹ ☹
7:00 PM		☹ ☹ ☹
8:00 PM		☹ ☹ ☹
9:00 PM		☹ ☹ ☹
10:00 PM		☹ ☹ ☹
11:00 PM		☹ ☹ ☹

TOP 3

1
2
3

TO DO

☐
☐
☐
☐
☐
☐

LIFE CHECK

WATER ○○○○○○○○

SLEEP 🌙 _____ hrs

MOOD ☹ ☹ ☹ ☹ ☹

ENERGY TODAY

1 2 3 4 5
6 7 8 9 10

DRAINED

ALIVE

THE ONE QUESTION

What would you change?

.....
.....
.....

1

2

3

4

5

6

7

8

9

10

11

12

13

14

Challenge *Everything*

Nothing about your current plan is assumed correct.

WHY IT MATTERS

Challenge Everything means questioning the job, the location, the goals, and the thing you have been too safe to build. You question first. You decide after.

THE JOB

What do I assume about my work that I have never questioned?

THE LOCATION

What do I assume about where I live and work?

THE GOALS

Whose idea was each goal on my list?

THE THING I'VE BEEN TOO SAFE TO BUILD

Why haven't I given myself permission to start it?

X WHAT I'M READY TO RELEASE

☐

☐

☐

✓ WHAT I'M MOVING TOWARD

☐

☐

☐

HOW OPEN AM I TO CHANGE?

Right now

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CLOSED

WIDE OPEN

MY NEXT STEP

☐ Choose one answer above and take one action on it this week. Write it here:

YOUR PROGRESS



10 / 14 DAYS

INSPIRATION BOARD

Fill your *board*.

Drop in photos, screenshots, pins, or a few typed words.

A rectangular frame with a dotted background and a star in the center. It has a yellow and orange striped tab at the top. The text "A PLACE THAT RECHARGES ME" is at the bottom.

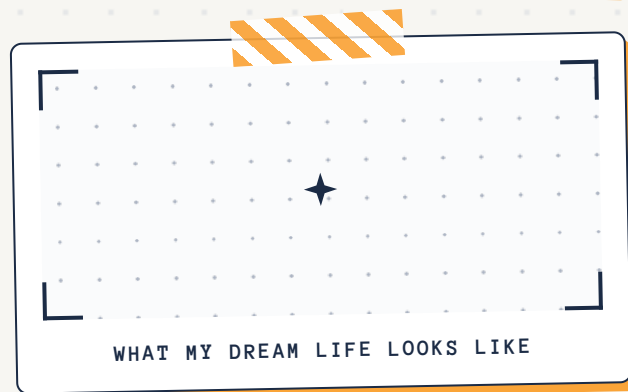
A PLACE THAT RECHARGES ME

A rectangular frame with a dotted background and a star in the center. It has a yellow and orange striped tab at the top. The text "A PERSON WHO GIVES ME ENERGY" is at the bottom.

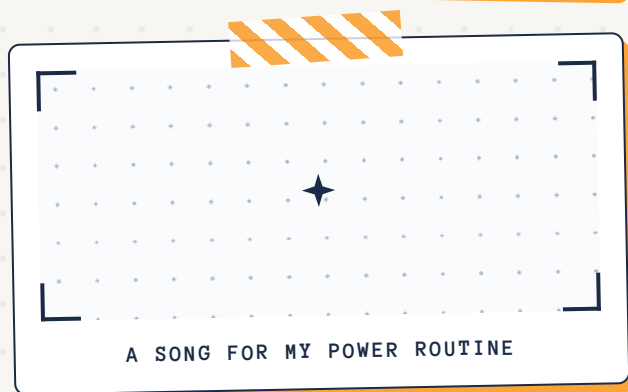
A PERSON WHO GIVES ME ENERGY

A rectangular frame with a dotted background and a star in the center. It has a yellow and orange striped tab at the top. The text "A TRUTH I WANT TO SEE EVERY DAY" is at the bottom.

A TRUTH I WANT TO SEE EVERY DAY

A rectangular frame with a dotted background and a star in the center. It has a yellow and orange striped tab at the top. The text "WHAT MY DREAM LIFE LOOKS LIKE" is at the bottom.

WHAT MY DREAM LIFE LOOKS LIKE

A rectangular frame with a dotted background and a star in the center. It has a yellow and orange striped tab at the top. The text "A SONG FOR MY POWER ROUTINE" is at the bottom.

A SONG FOR MY POWER ROUTINE

A rectangular frame with a dotted background and a star in the center. It has a yellow and orange striped tab at the top. The text "A WORD FOR MY NEXT SEASON" is at the bottom.

A WORD FOR MY NEXT SEASON

HOW TO USE THIS

Paste an image or type right on a frame. Come back and add to it all season. Everything on this board gives you inspiration.

YOUR PROGRESS



10 / 14 DAYS



DATE _____

M T W T F S S

You are past the halfway mark. Keep going.

SCHEDULE

TIME	WHAT I DID	FELT
6:00 AM		☹️ 😐 😊
7:00 AM		☹️ 😐 😊
8:00 AM		☹️ 😐 😊
9:00 AM		☹️ 😐 😊
10:00 AM		☹️ 😐 😊
11:00 AM		☹️ 😐 😊
12:00 PM		☹️ 😐 😊
1:00 PM		☹️ 😐 😊
2:00 PM		☹️ 😐 😊
3:00 PM		☹️ 😐 😊
4:00 PM		☹️ 😐 😊
5:00 PM		☹️ 😐 😊
6:00 PM		☹️ 😐 😊
7:00 PM		☹️ 😐 😊
8:00 PM		☹️ 😐 😊
9:00 PM		☹️ 😐 😊
10:00 PM		☹️ 😐 😊
11:00 PM		☹️ 😐 😊

TOP 3

- 1
- 2
- 3

TO DO

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

LIFE CHECK

WATER 🍷🍷🍷🍷🍷🍷

SLEEP 🌙 _____ hrs

MOOD ☹️ 😐 😐 😐 😊 😊

ENERGY TODAY

- 1 2 3 4 5
- 6 7 8 9 10

DRAINED

ALIVE

THE ONE QUESTION

What would you change?



DATE _____

M T W T F S S

Your calling leaves clues in your days.

SCHEDULE

TIME	WHAT I DID	FELT
6:00 AM		☹️ 😐 😊
7:00 AM		☹️ 😐 😊
8:00 AM		☹️ 😐 😊
9:00 AM		☹️ 😐 😊
10:00 AM		☹️ 😐 😊
11:00 AM		☹️ 😐 😊
12:00 PM		☹️ 😐 😊
1:00 PM		☹️ 😐 😊
2:00 PM		☹️ 😐 😊
3:00 PM		☹️ 😐 😊
4:00 PM		☹️ 😐 😊
5:00 PM		☹️ 😐 😊
6:00 PM		☹️ 😐 😊
7:00 PM		☹️ 😐 😊
8:00 PM		☹️ 😐 😊
9:00 PM		☹️ 😐 😊
10:00 PM		☹️ 😐 😊
11:00 PM		☹️ 😐 😊

TOP 3

- 1
- 2
- 3

TO DO

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

LIFE CHECK

WATER 🚰🚰🚰🚰🚰🚰

SLEEP 🌙 _____ hrs

MOOD ☹️ 😐 😐 😐 😊 😊

ENERGY TODAY

- 1 2 3 4 5
- 6 7 8 9 10

DRAINED

ALIVE

THE ONE QUESTION

What would you change?

Culture

Whose rules shape your days?

WHY IT MATTERS

Family, work, and the internet all hand you rules. Some of them fit the life you want. Your calendar shows which rules run your week.

1 Write three "shoulds" you carry. Example: "I should always say yes."

2 Who first taught you each one? Does it still hold?

3 What is your own rule for each?

HOW MUCH OF MY LIFE FEELS LIKE MINE?

Right now

1 2 3 4 5 6 7 8 9 10

NOT YET

FULLY

MY NEXT STEP

☐

Choose one "should" and replace it with your own rule this week. Write it here:

YOUR PROGRESS



12 / 14 DAYS

Stop. Start. *Keep.*

Clarity and confidence decide what stays.

STOP

Release it with grace.

START

Begin before you feel ready.

KEEP

This one works.

NEXT WEEK'S TOP 3

1

_____ when _____

2

_____ when _____

3

_____ when _____

THE YES I OWE MYSELF

One thing I keep postponing that deserves a place on my calendar:

YOUR PROGRESS



12 / 14 DAYS



DATE _____

M T W T F S S

Habits get you to your goals. Which ones do you see?

SCHEDULE

TIME	WHAT I DID	FELT
6:00 AM		☹️ 😐 😊
7:00 AM		☹️ 😐 😊
8:00 AM		☹️ 😐 😊
9:00 AM		☹️ 😐 😊
10:00 AM		☹️ 😐 😊
11:00 AM		☹️ 😐 😊
12:00 PM		☹️ 😐 😊
1:00 PM		☹️ 😐 😊
2:00 PM		☹️ 😐 😊
3:00 PM		☹️ 😐 😊
4:00 PM		☹️ 😐 😊
5:00 PM		☹️ 😐 😊
6:00 PM		☹️ 😐 😊
7:00 PM		☹️ 😐 😊
8:00 PM		☹️ 😐 😊
9:00 PM		☹️ 😐 😊
10:00 PM		☹️ 😐 😊
11:00 PM		☹️ 😐 😊

TOP 3

- 1 _____
- 2 _____
- 3 _____

TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

LIFE CHECK

WATER 🍷🍷🍷🍷🍷🍷
SLEEP 🌙 _____ hrs
MOOD ☹️ 😐 😐 😐 😐 😐

ENERGY TODAY

1 2 3 4 5
6 7 8 9 10
DRAINED ALIVE

THE ONE QUESTION

What would you change?



DATE _____

M T W T F S S

You finished. Now read what you found.

SCHEDULE

TIME	WHAT I DID	FELT
6:00 AM		☹️ ☹️ ☹️
7:00 AM		☹️ ☹️ ☹️
8:00 AM		☹️ ☹️ ☹️
9:00 AM		☹️ ☹️ ☹️
10:00 AM		☹️ ☹️ ☹️
11:00 AM		☹️ ☹️ ☹️
12:00 PM		☹️ ☹️ ☹️
1:00 PM		☹️ ☹️ ☹️
2:00 PM		☹️ ☹️ ☹️
3:00 PM		☹️ ☹️ ☹️
4:00 PM		☹️ ☹️ ☹️
5:00 PM		☹️ ☹️ ☹️
6:00 PM		☹️ ☹️ ☹️
7:00 PM		☹️ ☹️ ☹️
8:00 PM		☹️ ☹️ ☹️
9:00 PM		☹️ ☹️ ☹️
10:00 PM		☹️ ☹️ ☹️
11:00 PM		☹️ ☹️ ☹️

TOP 3

- 1 _____
- 2 _____
- 3 _____

TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

LIFE CHECK

WATER 

SLEEP  _____ hrs

MOOD 

ENERGY TODAY

1 2 3 4 5

6 7 8 9 10

DRAINED ALIVE

THE ONE QUESTION

What would you change?

Country

Your surroundings shape the life you can see.

WHY IT MATTERS

Country is place: the home where you wake up, the room where you work, the spot where you recharge. Everything starts from your environment. Your time log shows how your surroundings treat your energy.

1 Where did you feel most like yourself in these 14 days? What about the place helped?

2 Which places in your day drain your energy?

3 What do you need around you to wake up and go to sleep energized?

HOW MUCH DO MY SURROUNDINGS EXPAND ME?

Right now

1 2 3 4 5 6 7 8 9 10

NOT YET

FULLY

MY NEXT STEP

☐

Change one thing about your space this week: clear a surface, open a window, or move your desk. Write it here:

YOUR PROGRESS



14 / 14 DAYS

You *finished.*

Fourteen days of honest data. You chose clarity, and clarity is where change begins.

You deserve a life that feels good in your own skin. Your calendar now shows you where that life is waiting and where it is being crowded out.

Turn the page and read what your days say.

Now go build it.

TODAY'S DARE



Tell the person you told on Day 1 what you found. Include the one thing that surprised you.

QUICK CHECK-IN

One win so far

One thing that drained me

One thing I'm proud of

DOODLE / PASTE SPACE



NOTE TO TOMORROW-ME

YOUR PROGRESS



14 / 14 DAYS

Read what *you found*.

Fourteen days of evidence. This is what it says.

TIME BUCKETS: ROUGH HOURS PER DAY

	AVERAGE	I WANT
Work and income		
People I love		
Errands and obligations		
Screens and scrolling		
Rest and my body		
What lights me up		

DIALS CHECK: DAY 14

Energy

1 2 3 4 5 6 7 8 9 10

Calm

1 2 3 4 5 6 7 8 9 10

Focus

1 2 3 4 5 6 7 8 9 10

Joy

1 2 3 4 5 6 7 8 9 10

1 Where did my time go?

2 When did I feel most alive, and what was I doing?

3 What do I carry out of habit or obligation?

4 What would I change?

COUNT THE COST: THE CALLING I NAMED

Where does the calling you named on Day 7 live on your calendar today? What does it need?

TIME	ENERGY	ATTENTION	MONEY
_____	_____	_____	_____
_____	_____	_____	_____

YOUR NEXT MOVE

Take your time *back*.

Clarity becomes change when you choose.

MY COMMITMENT

Starting this week, I reclaim _____ hour(s) from
_____ and give them to the calling I named:

MY TOP 3 FOR THE NEXT 30 DAYS

1

_____ by _____

2

_____ by _____

3

_____ by _____

I PROTECT

The hour on my calendar nobody else receives:

MY ACCOUNTABILITY PERSON

Who hears from me when I slip and when I win:

MY ONE-LINE WHY

When my life comes together, what is different?



OFFICIALLY

I completed the 14 days.

Signed _____ Date _____



You looked at your life. *That took courage.*

Fourteen days of honest data is where change begins. Your next step is a calendar that matches your calling, and that work happens together inside UnCultured Coaching. You are not stuck. You are not stagnant. You are not lost.

YES, I'M READY FOR THE NEXT PART

unculturedcoaching.co

@uncultured.community

UNCULTURED COACHING · THE TIME AUDIT