The Cognitive Dust Log

A One-Day Worksheet for Separating Rest From Confetti

TIME AFFLUENCE

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Why This Exists

Leisure time can add up to a large number of hours on paper while still feeling like it never happened. The usual reason is shape, not quantity: the hours arrived as scattered 5 or 6-minute fragments rather than as anything continuous enough to actually absorb. This worksheet separates the 2 so the difference stops being invisible.

Step One: Log One Full Day

For one full day, ideally a day off, record every stretch of discretionary time as it happens: no obligation attached, nothing you're required to be doing. Note the start time, the end time, and what filled it.

Start	End	Length (min)	What Filled It

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Step Two: Sort Into Two Piles

Go back through the log and sort every entry into 1 of 2 categories: a continuous block of 30 minutes or more with nothing interrupting it, or confetti, anything shorter or broken up by a phone check, a chore, or another small task.

Category	Total Minutes	Number of Separate Instances
Continuous rest (30+ min, unbroken)		
Confetti (under 30 min, or interrupted)		

Step Three: Compare the Totals to the Feeling

Look at the 2 totals next to how the day actually felt. Most people discover that a day with a large confetti total and a small continuous total felt far less restful than the raw hour count would suggest, and that even a single continuous block, on its own, outweighs several times its length in scattered minutes.

Applying This Going Forward

The goal for next week isn't more discretionary time. It's converting some of the confetti into continuous blocks: fewer, longer stretches with the phone out of reach, rather than the same total spread thinner across more interruptions.

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