Finding Your Daylight Curve

A Seven-Day Worksheet for Locating Your Own Peak

TIME AFFLUENCE

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Why This Exists

Discretionary time doesn't help in a straight line. Research on leisure and well-being consistently finds an inverted U: too little free time produces the familiar stress of an overfull schedule, but too much produces something else, a day with no shape to it. The peak sits somewhere in between, and it's different for everyone. This worksheet finds yours.

Step One: Log the Week

Each day, write down your genuinely discretionary hours: time with no obligation attached, not commuting, not chores, not anything already spoken for. At the end of the day, rate how the day felt on a simple scale from 1 (drained or aimless) to 5 (fully restored).

Day	Discretionary Hours	Day Rating (1-5)	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Step Two: Find the Shape

Plot your own rough curve. Which days had the fewest discretionary hours, and how did they feel. Which had the most, and how did those feel. The days that scored highest are pointing at your actual peak, which may be lower than you'd expect.

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Hours Range	Typical Rating	What Happened on Those Days
Under 1 hour		
1-3 hours		
3-5 hours		
Over 5 hours		

Step Three: Protect the Peak, Not the Maximum

Once your peak range is visible, the goal for next week isn't to maximize discretionary hours, it's to consistently land inside the range that actually restored you. On days that ran short of it, look for what a recurring meeting or a fragmented calendar (see Issues 7 and 8) was quietly taking. On days that ran well past it, notice whether the extra hours had anything organizing them, or whether they just accumulated.

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