

# THE OTHER 8 HOURS

## Are the Other 8 Hours Important?

*Directions: After each question, put a checkmark in the “sleeping” box if the event occurred while you were sleeping, a checkmark in the “working” box if it occurred while you were working, or a checkmark in the “other” box if the event occurred in the other 8 hours.*

Meaningful Moments In Your Life	Sleeping	Working	Other 8
1. When did you meet the love of your life?			
2. When did you have your first child (please note, office stairwell fans, the question is when did you have, not conceive, your first child)?			
3. When was your most emotionally painful experience?			
4. When was the most spectacular sunset you ever saw?			
5. When do you feel the most intellectually alive and excited about your future?			
6. When do you participate in your favorite hobby?			
7. When was the first time you saw your child walk?			
8. Think about your favorite movie of all time. When was the first time you watched it?			
9. When did you meet your best friend?			
10. When was the last time you could hardly catch your breath because of your excitement?			
11. When was your most profound spiritual moment?			
12. When was the most rewarding physical thing you’ve ever done?			
13. If you could re-live one event from your past, when would it occur?			
14. When do you find you feel the most sure and confident?			
15. If you had one year left to live, what would you spend the majority of your time doing?			
<b>Totals</b>			

After you’ve added checkmarks in each column, do you notice anything? I’ve done this exercise with a whole lot of folks and the results are almost always the same.

**Sleeping:** Necessary and feels great, but doesn’t provide much “life” to life. Most likely, you don’t have a single checkmark in this column.

**Working:** Also necessary and can feel rewarding, but it is typically something you must do and not something you love to do. Most people have between one and three checkmarks in this column.

**Other 8:** Surprise! The majority of the most important events in your life don’t occur while you sleep or work . . . they occur during the other 8 hours.

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