

# THE JAM JAR

# TIME TEST

PRINTABLE  
WORKBOOK

@JAMJARBC

## NON NEGOTIABLES

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## NEGATIVE NEGOTIABLES

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## POSITIVE NEGOTIABLES

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## TOTAL TIME SPENT

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NON NEGOTIABLES

NEGATIVE  
NEGOTIABLES

POSITIVE  
NEGOTIABLES

TOTAL TIME:

NOTES:











# SATURDAY TIME AUDIT

**NON NEGOTIABLES**

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**NEGATIVE  
NEGOTIABLES**

---

**POSITIVE  
NEGOTIABLES**

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**TOTAL TIME SPENT**

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**NON NEGOTIABLES**

**NEGATIVE  
NEGOTIABLES**

**POSITIVE  
NEGOTIABLES**

**TOTAL TIME:**

**NOTES:**

# SUNDAY TIME AUDIT

**NON NEGOTIABLES**

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**NEGATIVE  
NEGOTIABLES**

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**POSITIVE  
NEGOTIABLES**

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**TOTAL TIME SPENT**

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**NON NEGOTIABLES**

**NEGATIVE  
NEGOTIABLES**

**POSITIVE  
NEGOTIABLES**

**TOTAL TIME:**

**NOTES:**