



Meaningful Ten Minutes

Little moments.
Big meaning. 

A simple worksheet for creating your go-to list for unexpected ten-minute pockets of time.

Try this prompt

"Help me create a short 'meaningful ten minutes' list for moments when I would otherwise reach for my phone and scroll. Ask me about the small things that matter to me in my business, health, home, relationships and enjoyment. Then suggest 15 specific things I could do in ten minutes, some productive, some restful and some simply enjoyable. Keep them easy enough to begin immediately without preparation."

1 What matters to me right now

A calmer,
happier me.

Business

Health

Home

Relationships

Enjoyment

3 My meaningful ten minutes ideas

Small steps
create a brighter
tomorrow.

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

2 Small things worth tending

What small things are calling for your attention, care or enjoyment?

4 Balance my list

Aim for a mix.

Productive

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

Restful

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

Enjoyable

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

Save the list somewhere handy,
then choose from it whenever an
unexpected ten minutes appears. 

Progress
lives in
the in-between. 

— Stories start here.  —

