

## Spending Less Time on Procrastination Destinations

Daily Procrastination Destination Minutess	Minutes per Year	Hours per Year	Hours Saved	Days Saved
15	5,475	91	65	8
30	10,950	183	130	16
60	21,900	365	261	33
120	43,800	730	521	65

If you spend 15 minutes per day at your procrastination destination, that is 5,475 minutes every year; or 91 hours

If you didn't visit your procrastination destination just Monday through Friday you would free up 65 hours a year, which equates to eight free days to use as you choose

### 6.1