

## EXERCISE

# *FIVE-DAY HONOR ROLL HANGOVER DETOX*

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Taking inventory of how you spend your time is a straightforward way to understand how you're letting perfectionism, people-pleasing, and overfunctioning control your life. The data will reveal where you need to let go of certain expectations and obligations so you can free up energy to reinvest in yourself and reclaim a sense of agency.

## INSTRUCTIONS

1. *Track your time.* For the next five days, document how you spend your time using the tracker provided. Be specific—an eight-hour block labeled *work* is too broad. Instead, note particular projects or meetings. Aim to track in one-hour increments. You'll have to be more granular if you find yourself hopping between tasks. It may be a pain, but your well-being is worth it.
2. *Reflect on instances of the Honor Roll Hangover.* Signs to look for are that the task . . .
  - Caused you to feel distressed or self-conscious
  - Brought up a sense of obligation, pressure, or urgency
  - Is something you didn't feel right about doing, but you did anyway
  - Feels like something you *have to* or *should do*

Worried that all of your entries meet these criteria? The tools in this book will help you make major changes.

3. *Make a change.* Pick one low-risk task or commitment to delete from your to-do list, approach differently, delegate, or scale back effort on. Try the one that feels like the easiest, or that you have the most influence over. For example, instead of forcing yourself to *be productive* and respond to emails when you wake up, listen to an audiobook. Move on to giving up more tiny tasks over the next thirty days. What may seem like micro-steps will add up to big results.

# FIVE-DAY HONOR ROLL HANGOVER DETOX

*Alicia*

HONOR ROLL HANGOVER DETOX				
DATE: February 4		IF THE HONOR ROLL HANGOVER IS AT PLAY, COMPLETE THE FOLLOWING		
TIME	ACTIVITY	HOW DID IT MANIFEST?	WHAT CHANGE WILL I MAKE?	WHAT DOES THIS PROVIDE OR ALLOW ME TO DO?
6–7:45	Morning routine	Felt bad about myself as I looked at social media while eating breakfast.	Watch an inspirational video instead of scrolling my feeds.	Nourish my mind and do something for myself before the workday starts.
8–9	Daily team meeting	I caved and committed to a bigger quota than I felt comfortable with because my boss suggested it.	Talk to my boss next week about scaling it back to something more reasonable.	I'm relieved that it means I won't have to travel as much.
9–11:30	Client Appt			
12–1:15	Lunch break	Worked through lunch because I wanted to keep the client happy and turn around a proposal quickly.	Make plans to have lunch with my sister or take time to sketch what I plan to make at ceramics this week.	I can decompress and enjoy my lunch!
1:30–2:30	Deck for maintaining client revenue			
3–4:30	Lead generation	Set up a half dozen meetings for coming weeks because I felt pressure to keep up, and immediately dreaded them.	Limit the time I spend on lead generation to half an hour per day.	I can redirect my time and energy to working with the creative teams, which I find fun and enjoyable.
5–5:45	Evening walk	I agonized over an email to a client trying to find the right words to say. Why was I even writing an email anyway! This is supposed to be "me time."	Delete my work email from my phone before I leave the house so I'm not tempted to check it.	I can listen to my favorite podcast or to a meditation.
6–7	Ceramics class			
7:30–8:30	Dinner			
9–10:30	Job searching	Tried to make progress on my resume but felt like I have no accomplishments. Went down a rabbit hole looking at job boards.	STOP! I promised to take a hiatus.	It frees up lots of time for me to do more art.
11–11:30	Nighttime routine			

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