

Hobonichi Series: Episode 2 Script

1. This video will focus on how to use the Hobonichi's weekly spread to not only plan what you are doing, but to see how much time you are spending doing what you actually want to do and make changes wherever necessary.
2. If you haven't seen it yet, my last video explained why we should use a planner to set our life on track, specifically looking at the Hobonichi's habit tracker and monthly sections. If you haven't seen that video yet, I suggest you watch that first then come back to this one.
3. But now, I present to you: Hobonichi's weekly spread!
4. Part Two: Weeks
5. What I love about this weekly spread is that it shows every hour of every day in the week. All 168 hours are here for you to see, and to see what is taking up your time. Usually, it is not used as well as you think.
6. Let's begin by plotting out the tasks that we must do, the things that are a part of our schedule no matter what. That's classes, work, appointments, things of that sort.
7. Of course this will be different for everyone, but for me as a part-time student and part-time worker my schedule appears quite barren at this point. Let's break down my week so far: 40 hours working, including one hour of class time. That means after adding 8 hours a night for sleeping I have used 96 hours, and I have 73 to do with as I please!
8.almost. I also have a class with a somewhat demanding workload which typically requires 20 hours of work a week. Yes, this is work that can get done at any time in the week, but for me and many other procrastination-prone individuals, "any time" becomes tomorrow, which becomes, the weekend, which becomes a few hours before the deadline.
9. That stress from putting off the work is frustrating because you KNOW that it's easy to avoid. This avoidance is made a lot easier if you plot out EXACTLY when you are going to do it.
10. In an article by Cal Newport, he explains how "time blocking" every minute of your day generates productivity, ensures consistency, and allows you to feel stress-free knowing that your work will get done.
11. When blocking out the time for this work that has to get done (but has no specific structure as to when) it is important to know that at first we almost always over-estimate how long it takes to do these things – so plan more time than you think. The worst-case scenario is that you end up with some extra time to relax.

12. Now, after adding classwork, I have 53 hours of free time (which is a bit less than the 72 that the average 9-5 worker has, but unfortunately the amount that I am used to). 53! That sounds like so much!
13. Reflecting on the past few months, that number of free hours seems insane to me. Other than school and work, it truly feels like I have accomplished nothing. Why have I been putting those 53 hours to such waste?
14. There are two issues that I believe have led to this tragic waste of time. For one, I have not been considering my mental health, physical health, and social health as important. When and why did that happen?
15. It is so important that you **PLAN TIME for yourself**. And I don't mean leave open time for you to do whatever – but plan SPECIFICALLY what you are going to do when.
16. I am sure that more and more people are becoming aware of the time-vacuum that social media is. You can open your phone thinking you are just checking you notifications , then wake up three hours later, not knowing where your time went. The same goes for TV and video games – you are sucked into an unintentional flow which not only is unproductive, but likely leaves you more anxious than you began.
17. Arnold Bennett's "How to Live on 24 Hours a Day" suggests that you plan your recreation, not only so that the time is less likely to be wasted, but so you have more energy and excitement throughout the day leading up to that activity.
18. Along with recreation comes health – mental and physical. I realize that motivation is difficult, but by setting a routine, following it every time, and setting up your environment to make whatever you want to do as easy as possible, it will be much easier to manifest. Aim to AT LEAST START what you plan to do because at that point continuing is easier than stopping.
19. The second reasons there is such a huge waste of time is because almost everyone makes the fatal error that Bennett points out in his book: we look at our "day" as the time we spend at work and we see the time before and after it as just the "prologue" and "epilogue". This is tragic.
20. While in an ideal world everyone loves their jobs, that is simply not the case in most situations. So, we need to think again to the person that we want to be – what values do you hold highest? What identity do YOU want to live?
21. The sad reality is that our time is not distributed to reflect this idea. The good news is that you have SO MUCH TIME to change that. While it will take some effort and difficulty at first, spending every free hours of your day INTENTIONALLY will allow you to make those ideas your reality.

22. When planning your use of that time, remember that intrinsic goals are more likely to lead to better health, well-being, and performance. Take a moment to yourself every day – whether it be yoga, meditation, exercise – to take care of yourself.
23. With this as well – I am not saying that you need to have EVERY MOMENT and EVERYTHING planned – downtime where you do essentially nothing is important. Just know when that downtime begins and ends so you don't go into unintentional flow like I mentioned earlier.
24. Now that we have determined how to block out your time and what you should plan, it is time to address how to make the most of that time – particularly the time spent doing deep work or focusing on a passion or study.
25. I have mentioned this idea of flow – that is the pleasure, delight, creativity, and process when we are completely immersed in life. When we are in a state of flow we create our best work and are uplifted by it. Note that this is opposite the “unintentional flow” that I spoke of earlier – that is when we are completely immersed in something that is not beneficial to our life at all and draining instead of energizing.
26. The book “Ikigai” outlines the seven requirements for flow. First is knowing what to do, then how to do it. We already addressed this by planning out the time – the “how” comes with using that time to research and experiment.
27. Requirement three is to know how well you are doing. This can be done by either taking stock of your work in the habit tracker or making note of how you are doing in your journal – either at the bottom of your day in the weeks section or somewhere in your day page.
28. There are also the requirements of perceiving significant challenges and significant skills. When it comes to goals, ones that are most engaging are easy enough that we are not lost while doing it, but hard enough so that we have to do a bit of problem solving and make use of our brain. Growing skills is satisfying in its own right- you know you are growing when you see how those skills have developed and are being utilized.
29. Lastly, there is knowing where to go and being free from distractions. Both of these are directly linked to setting up your environment for success – make those good habits easy and bad habits out of reach. Create a space that is uniquely yours where you can pursue your interests and create greatness.
30. Sometimes flow may be difficult to achieve because you are stuck in the mindset of whatever you were doing before – whether it be sleeping, working, exercise – there needs to be some sort of ritual to signify the beginning of something new.

31. A ritual that I have found to be useful for this is an exercise illustrated in page 144 of Ikigai – the sun salutation. This combination of light movement and deep breathing has been perfect when it comes to clearing my mind and energizing me for the next task.
32. Other than the actual time-blocking part of the week section there is also some space on the side. Here I like to do a brain dump at the beginning of the week to see what needs to get done – from there, I can block out what will happen when. I also like to make a little section under 11 PM to write my overall mood from the day – something that is a peek into the more elaborate journal as a part of the daily section.
33. And with that we have covered the Weeks! Here is our summary:
34. Time-Block Your Day: every minute should be accounted for so you have a solid plan
35. Plan Your Relaxation: make specific times so that you don't neglect your health and passions
36. Audit Your Hours: know how much of your time is being used for things that are valuable to you so you can make changes as necessary
37. Manifest FLOW: use the time you blocked well and be happy and energized while doing it
38. Before wrapping up, I again invite you to join the Facebook group to see how others are using their Hobonichi to get in gear and for accountability. Be sure to like and subscribe if this was valuable to you and you would like to see the next video on using the Hobonichi for bettering your life. Also, leave a comment if there is anything that you would like to see in the future – I always love to hear from you.
39. I will leave you with one last quote from Arnold Bennett, one that I think is very important to the ideas discussed in this video: “We never shall have any more time. We have and we have always had, all the time there is” (20).