

**1 extra hour of time
in the morning**

**30 extra minutes
sometime you are
running late**

**\$100 to put toward a
debt you have**

**1 extra hour of time
in the evening**

**\$50 to splurge on
yourself**

\$100 to put in savings

**45 minutes of
enjoyable conversation
with someone
close to you**

**\$75 to give to a charity
of your choice**

1 extra hour of sleep