

Spend your time like money

Part 2

인생에서 가장 중요한 것이 무엇인가요

돈

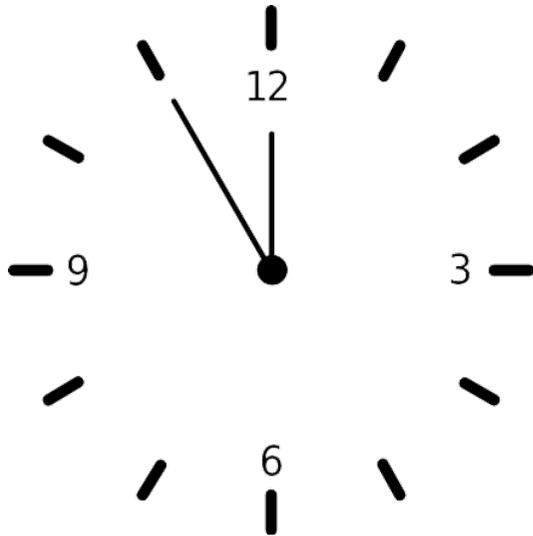
가족

사랑

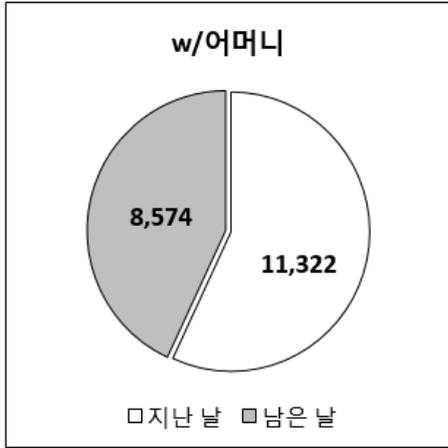
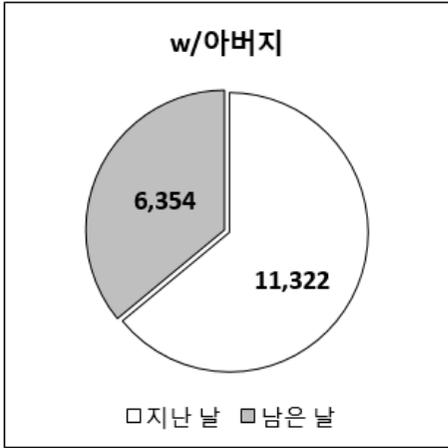
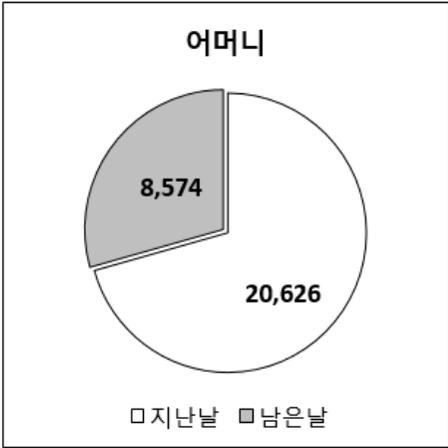
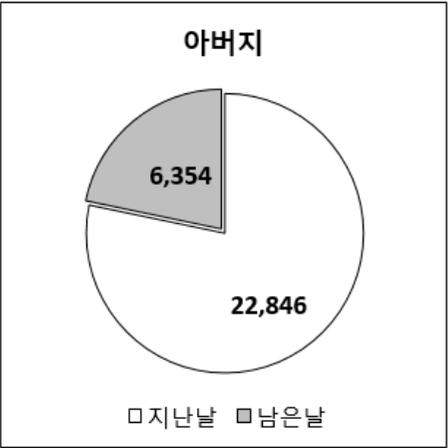
시간

시간

매일 아침 하루를 시작하면서 보는 것



첫 취업 - 50세



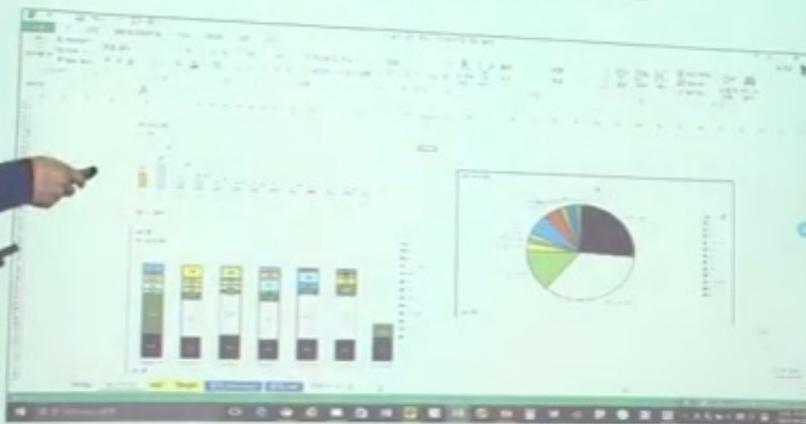
□지난날 ■남은날

“

요즘도 시간기록 하고 있어?

”

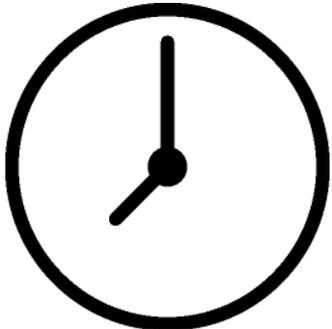
“ 나는 내 시간을 이렇게 쓰고 있구나.
일주일에 이만큼 시간을 쓸 수 있군 ”



7:15 / 12:37



2016 Spring BD Talk Summary



?

!



8,760

=24x365

시간 기록의 시작

BD Talk²⁰¹⁶

8,760 시간 기록

BD Talk²⁰¹⁷

오늘 발표 부분

시간에 대한
생각이 많아짐

기록을 가지고
앞으로 할 것들

8,760 시간 기록

시간에 대한 생각

기록에 대한 계획

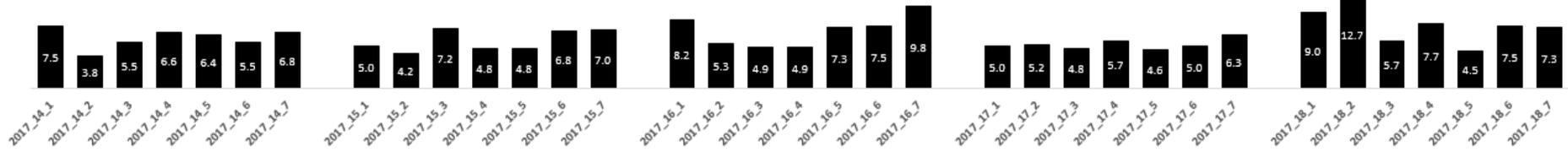
1. 기록한 방법
2. 느낀 점

이렇게 기록했습니다

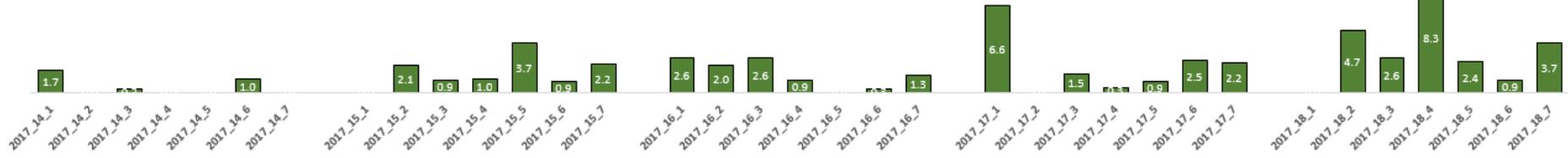
언제부터	언제까지	한 일	
1:30	6:25	잠	} 6,000 줄 이상
6:25	7:10	준비 / 샤워	
7:10	7:27	식사	
	⋮		

P	Q	R	S	T
시작시간	종료시간	분류	중분류	내용
0:00	0:30	회사		
0:30	1:05	이동	차량이동	
1:05	1:26	준비	샤워 등	
1:26	1:31	Review	Daily Review	
1:31	2:28	공부	기타	BD Talk발표준비
2:28	2:40	휴식		
2:40	6:25	잠		
6:25	6:57	준비	샤워, 머리, 옷	
6:57	7:15	식사	아침식사	
7:15	7:45	이동	차량이동	
7:45	7:50	이동	도보	

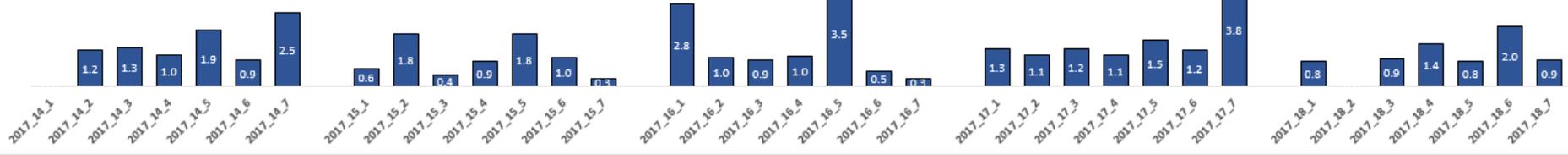
Sleeping



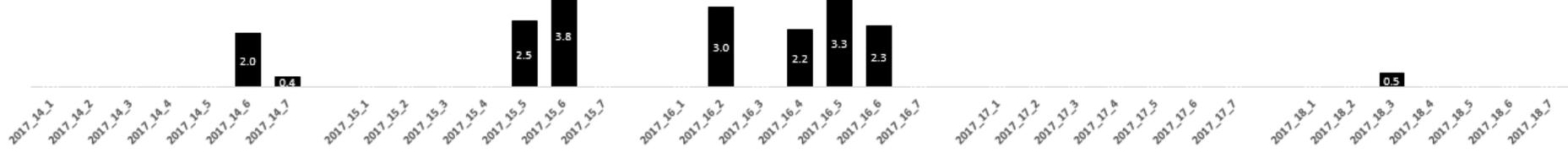
Studying



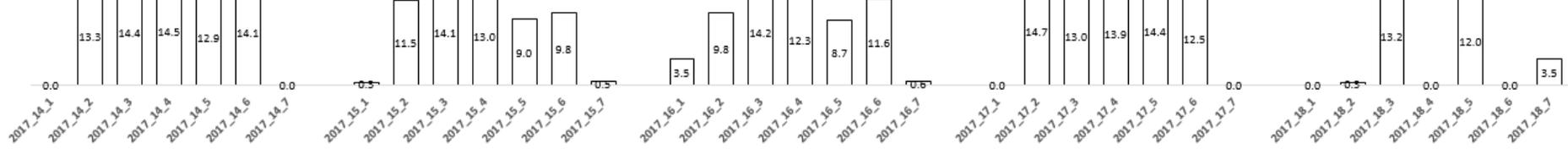
이동



모임/사람들

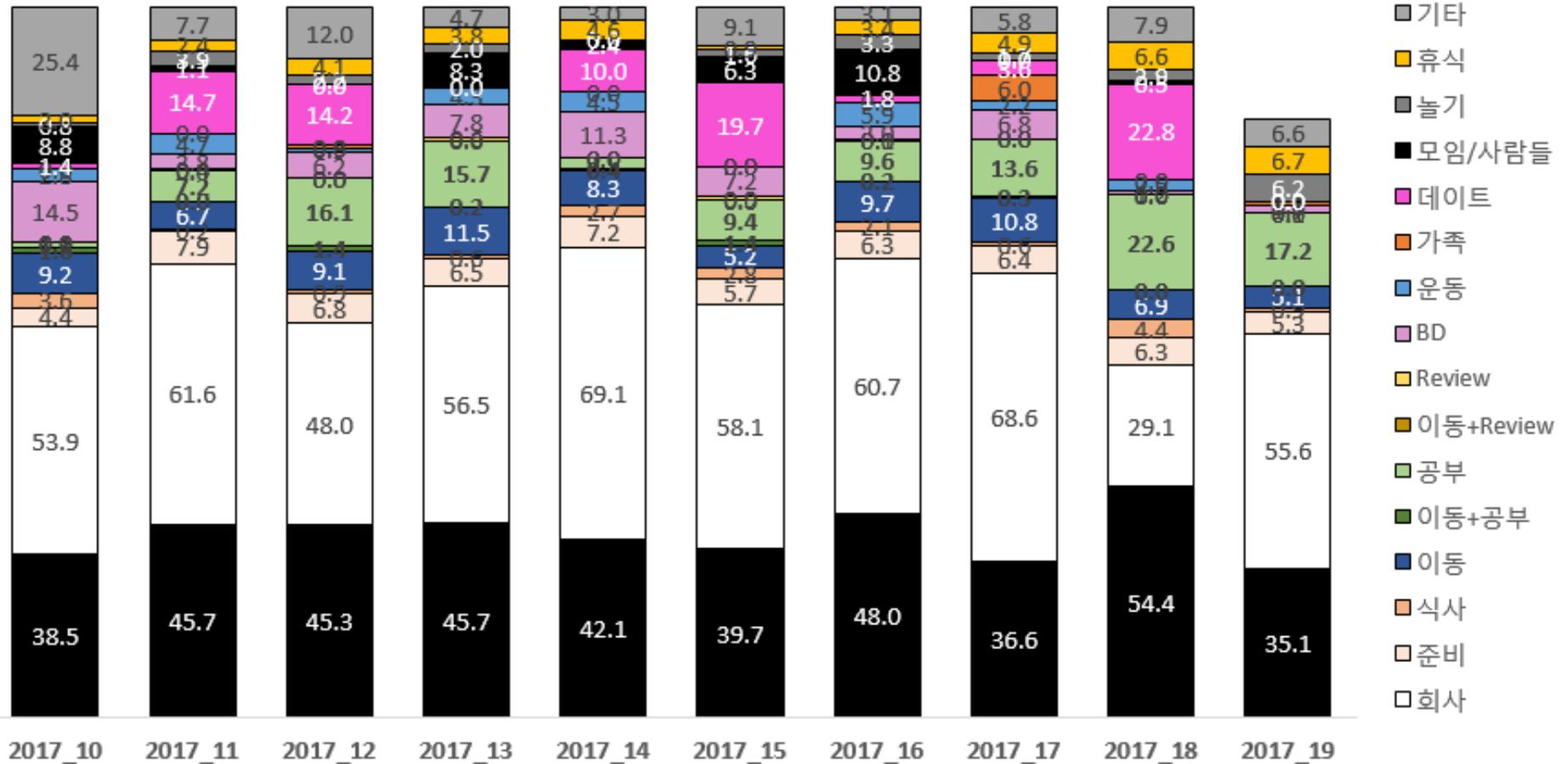


회사



지난 10주는?

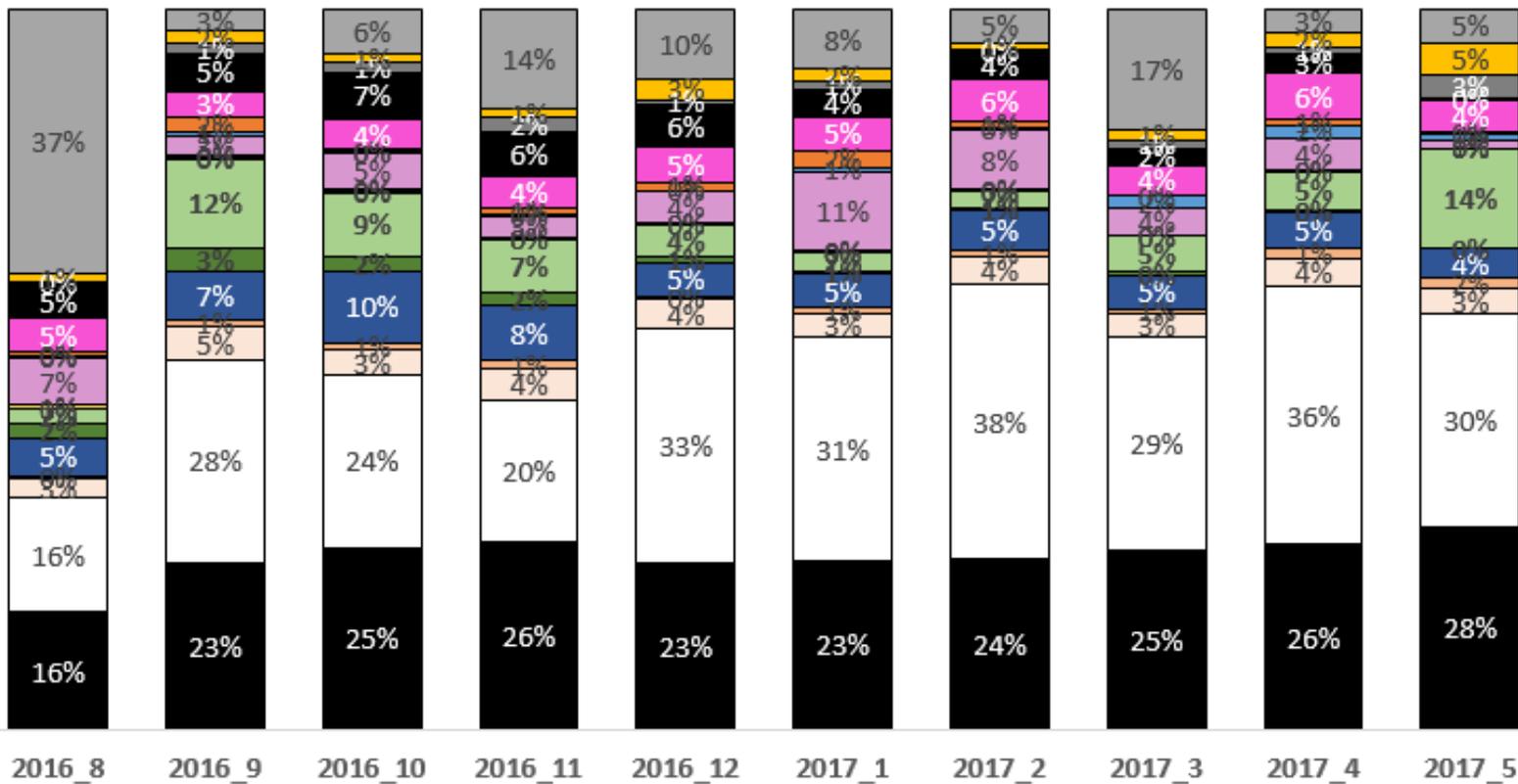
Last 10 Weeks

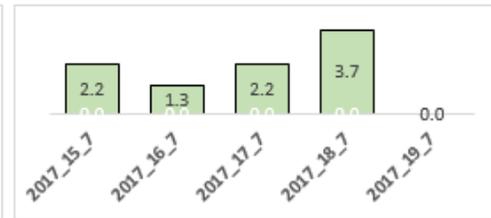
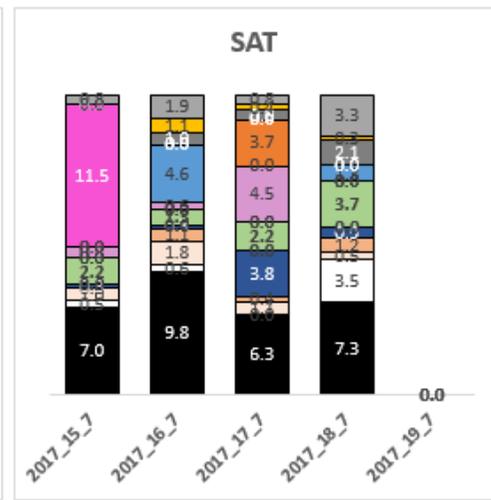
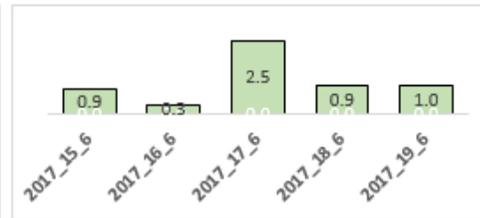
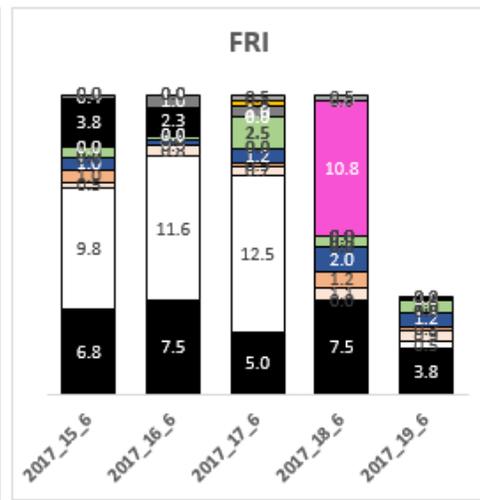
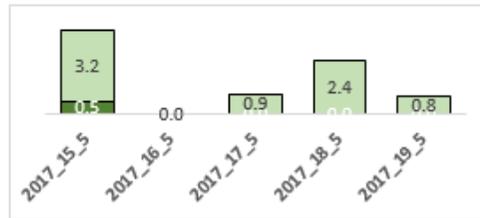
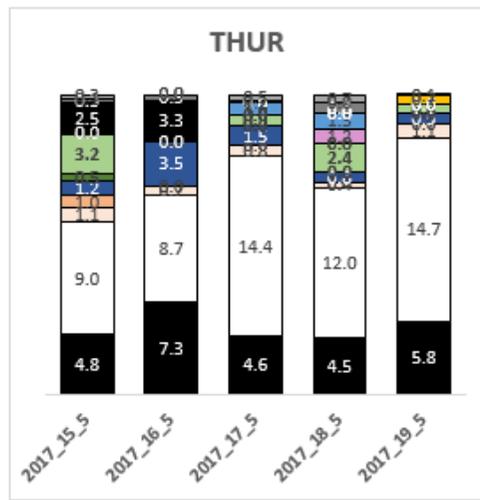
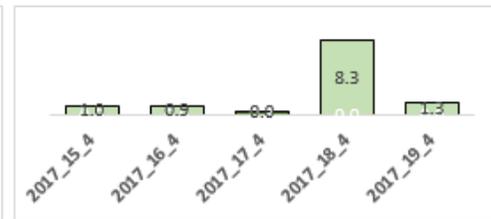
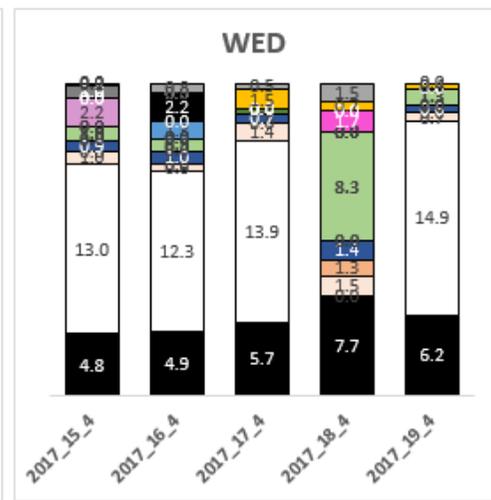
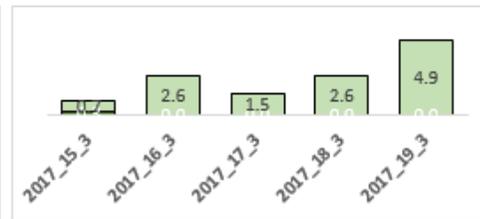
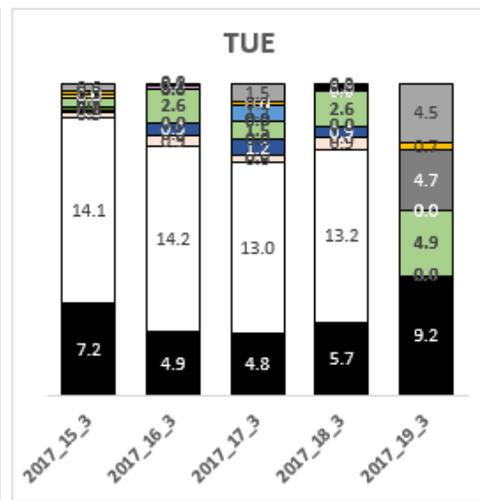
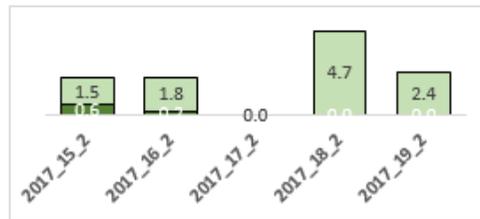
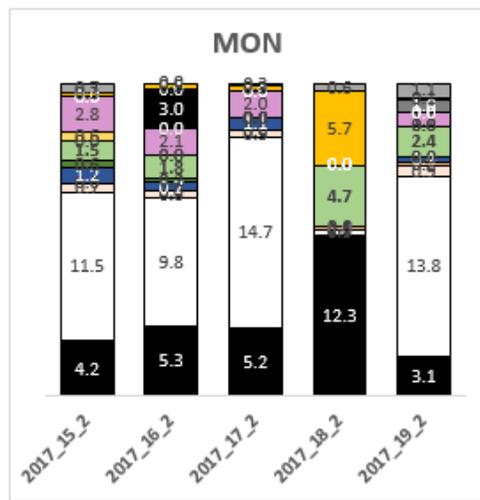
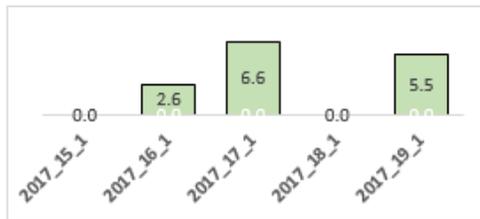
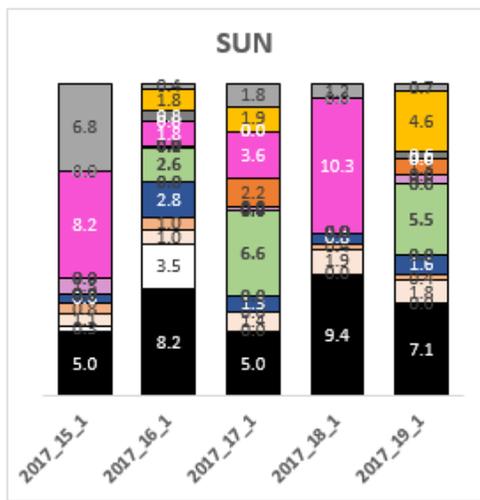


지난 10달은?

Last 10 months

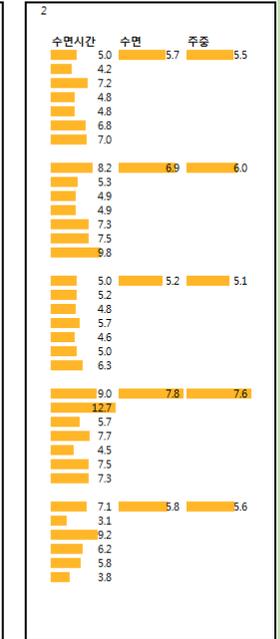
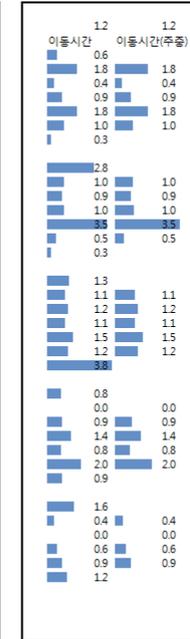
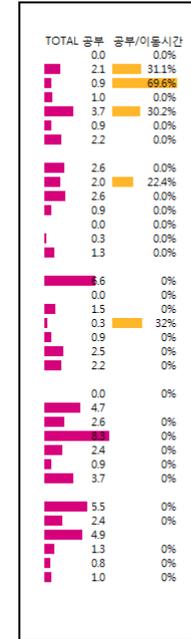
- 기타
- 휴식
- 놀기
- 모임/사람들
- 데이트
- 가족
- 운동
- BD
- Review
- 이동+Review
- 공부
- 이동+공부
- 이동
- 식사
- 준비
- 회사
- 잠





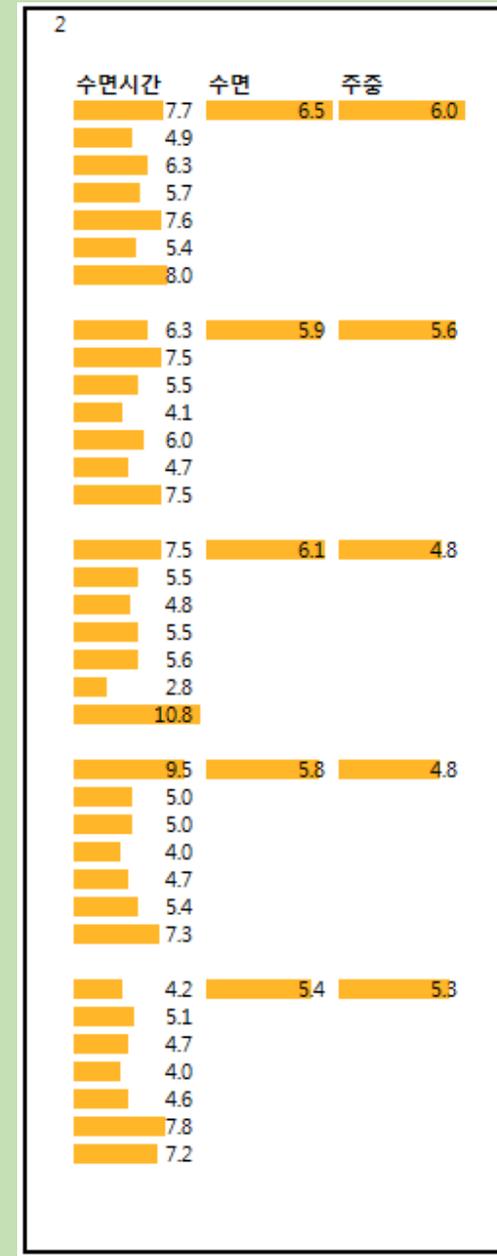
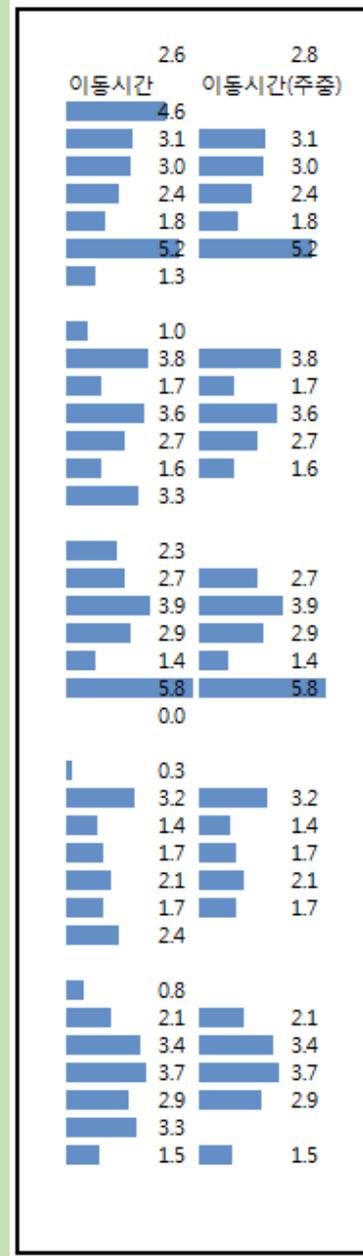
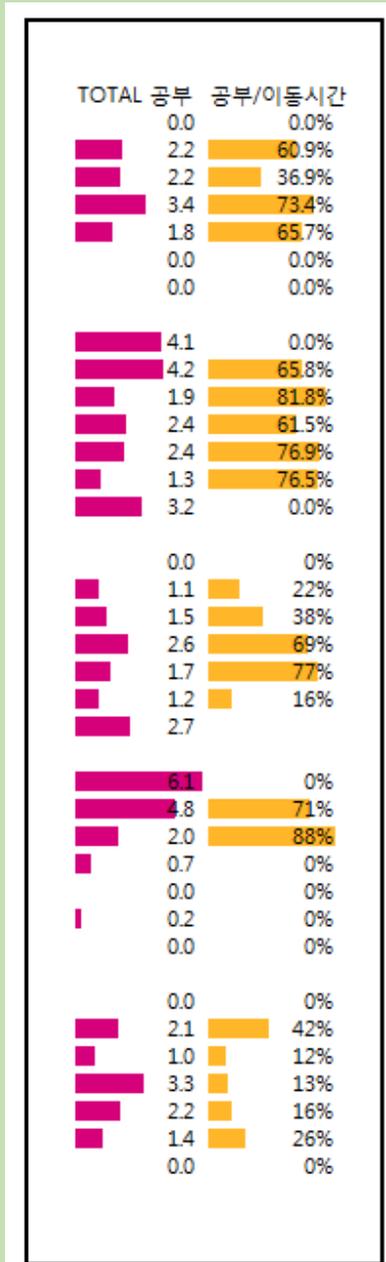
한일

	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	잠	회사	준비	식사	이동	이동+공부	공부	이동+Review	Review	BD	운동	가족	데이트	모임/사람들	휴식	기타	
1 2017_15_1	5.0	0.3	1.1	0.8	0.6	0.0	0.0	0.0	0.0	1.3	0.0	0.0	8.2	0.0	0.0	0.0	6.8
2 2017_15_2	4.2	1.5	0.7	0.0	1.2	0.6	1.5	0.0	0.6	2.8	0.0	0.0	0.0	0.0	0.3	0.7	0.7
3 2017_15_3	7.2	14.1	0.5	0.0	0.1	0.3	0.7	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.3	0.6	0.6
4 2017_15_4	4.8	13.0	1.0	0.0	0.9	0.0	1.0	0.0	0.0	2.2	0.0	0.0	0.0	0.0	1.0	0.2	0.0
5 2017_15_5	4.8	9.0	1.1	1.0	1.2	0.5	3.2	0.0	0.0	0.0	0.0	0.0	2.5	0.3	0.1	0.3	0.3
6 2017_15_6	6.8	9.8	0.5	1.0	1.0	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0	3.8	0.4	0.0	0.0
7 2017_15_7	7.0	0.5	1.0	0.0	0.3	0.0	2.2	0.0	0.0	0.8	0.0	0.0	11.5	0.0	0.0	0.0	0.8
1 2017_16_1	8.2	3.5	1.0	1.0	2.8	0.0	2.6	0.0	0.1	0.0	0.0	0.0	1.8	0.8	1.8	0.4	0.4
2 2017_16_2	5.3	9.8	0.6	0.0	0.7	0.2	1.8	0.0	0.0	2.1	0.0	0.0	3.0	0.0	0.5	0.0	0.0
3 2017_16_3	4.9	14.2	0.9	0.0	0.9	0.0	2.6	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.0
4 2017_16_4	4.9	12.3	0.6	0.0	1.0	0.0	0.9	0.0	0.0	0.0	1.3	0.0	0.0	2.2	0.0	0.8	0.8
5 2017_16_5	7.3	8.7	0.7	0.0	3.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8	0.5	0.0	0.0	0.0
6 2017_16_6	7.5	11.6	0.8	0.0	0.5	0.0	0.3	0.0	0.0	0.0	0.0	0.0	2.3	1.0	0.0	0.0	0.0
7 2017_16_7	9.8	0.6	1.8	1.1	0.3	0.0	1.3	0.0	0.0	0.6	4.6	0.0	0.0	1.0	1.1	1.9	1.9
1 2017_17_1	5.0	0.0	1.4	0.0	1.3	0.0	6.6	0.0	0.0	0.2	0.0	2.2	3.6	0.0	0.0	1.9	1.8
2 2017_17_2	5.2	14.7	0.5	0.0	1.1	0.0	0.0	0.0	0.0	2.0	0.0	0.0	0.0	0.0	0.3	0.3	0.3
3 2017_17_3	4.8	13.0	0.6	0.0	1.2	0.0	1.5	0.0	0.0	0.0	1.2	0.0	0.0	0.0	0.2	1.5	1.5
4 2017_17_4	5.7	13.8	1.4	0.0	0.7	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.5	0.5	0.5
5 2017_17_5	4.6	14.4	0.8	0.0	1.5	0.0	0.9	0.0	0.0	0.0	1.0	0.0	0.0	0.0	0.2	0.5	0.5
6 2017_17_6	5.0	12.5	0.7	0.3	1.2	0.0	2.5	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.4	0.5	0.5
7 2017_17_7	6.3	0.0	1.1	0.4	3.8	0.0	2.2	0.0	0.0	4.5	0.0	3.7	0.0	0.8	0.4	0.8	0.8
1 2017_18_1	9.4	0.0	1.9	0.4	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	10.3	0.0	0.0	0.0	1.2
2 2017_18_2	12.3	0.3	0.0	0.3	0.0	0.0	4.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.7	0.6	0.6
3 2017_18_3	5.7	13.2	0.9	0.0	0.9	0.0	2.6	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.2	0.2
4 2017_18_4	7.7	0.0	1.5	1.3	1.4	0.0	8.3	0.0	0.0	0.0	0.0	1.7	0.0	0.0	0.7	1.5	1.5
5 2017_18_5	4.5	12.0	0.4	0.0	0.8	0.0	2.4	0.0	0.0	1.2	1.3	0.0	0.0	0.8	0.0	0.7	0.7
6 2017_18_6	7.5	0.0	1.1	1.2	2.0	0.0	0.9	0.0	0.0	0.0	0.0	0.0	10.8	0.0	0.0	0.5	0.5
7 2017_18_7	7.3	3.5	0.5	1.2	0.9	0.0	3.7	0.0	0.0	0.0	1.3	0.0	0.0	0.0	2.1	0.3	3.3
1 2017_19_1	7.1	0.0	1.8	0.4	1.6	0.0	5.5	0.0	0.0	0.6	0.0	1.3	0.0	0.6	4.6	0.7	0.7
2 2017_19_2	3.1	13.8	0.9	0.2	0.4	0.0	2.4	0.0	0.0	1.1	0.0	0.0	0.0	1.0	0.1	1.1	1.1
3 2017_19_3	9.2	0.0	0.0	0.0	0.0	0.0	4.9	0.0	0.0	0.0	0.0	0.0	0.0	4.7	0.7	4.5	4.5
4 2017_19_4	6.2	14.9	0.7	0.0	0.6	0.0	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0
5 2017_19_5	5.8	14.7	1.1	0.0	0.9	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.1	0.1
6 2017_19_6	3.8	0.5	0.9	0.3	1.2	0.0	1.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.2	0.0	0.0
7 2017_19_7																	



날짜

특정한 시간을 KPI로 잡아서 측정



시간을 기록하면서 느낀 점

1. 시간은 한정적이다.
2. 시간을 기록하면, 자신에 대해 알 수 있는 것들이 많습니다.
3. 내가 어떻게 구성되어 있는지
4. 어디를 내가 중요하다고 생각하는지



1. 시간을 어떻게 바라봐야 할까?
2. 시간을 어떻게 더 확보할 수 있을까?

1.

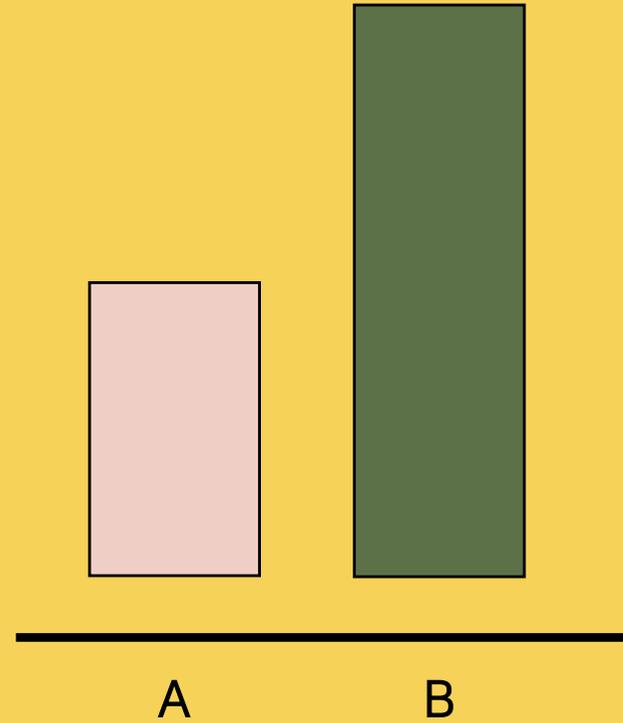
시간을 어떻게 바라봐야 할까?

시간을 잘 쓰는 사람
시간 관리를 잘 하는 사람

1 Dimension

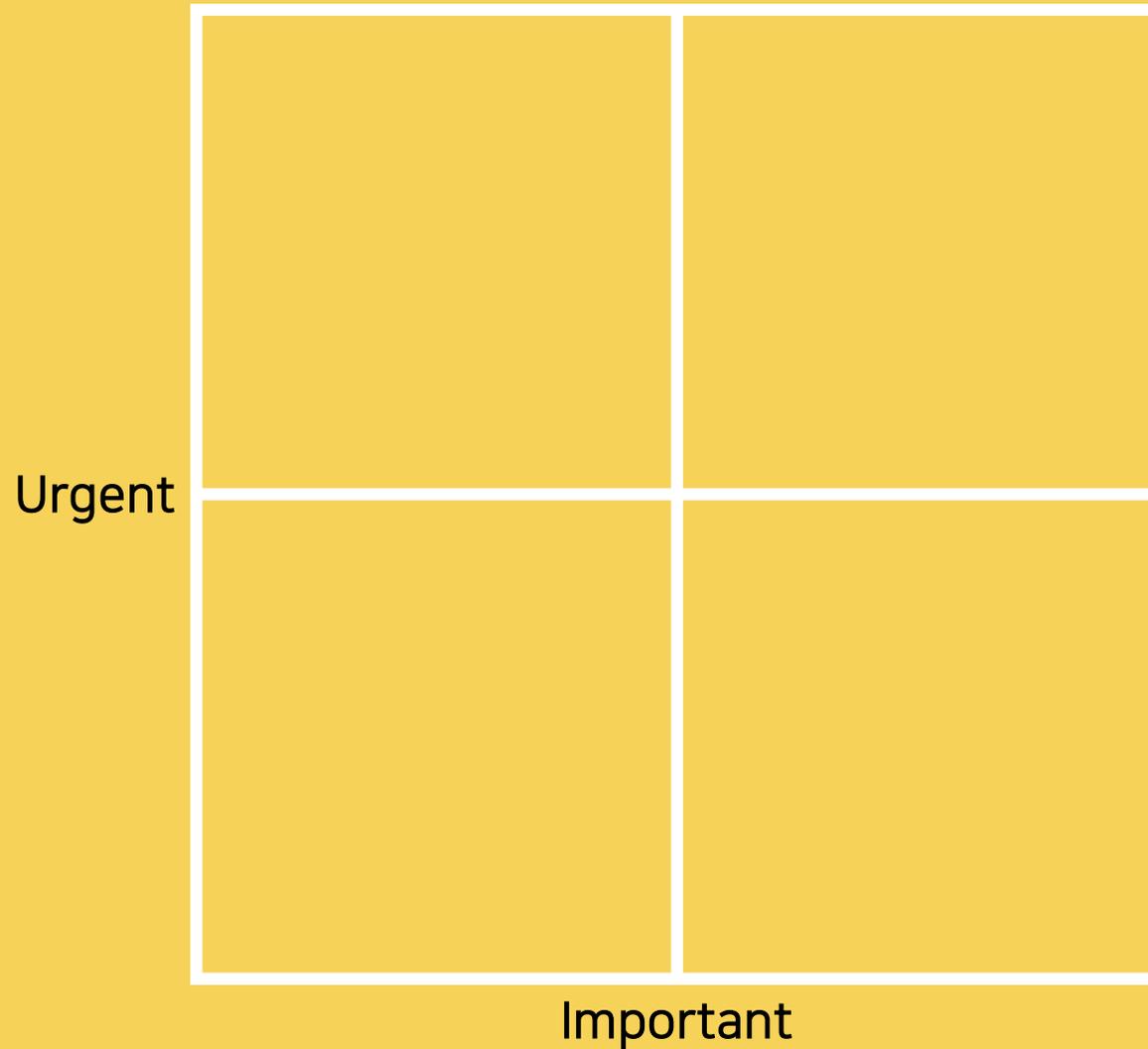


제 때



효율적으로

2 Dimension



100만원을
저축을 하는 이유



미래에 돈을 더 많이 쓰기 위해

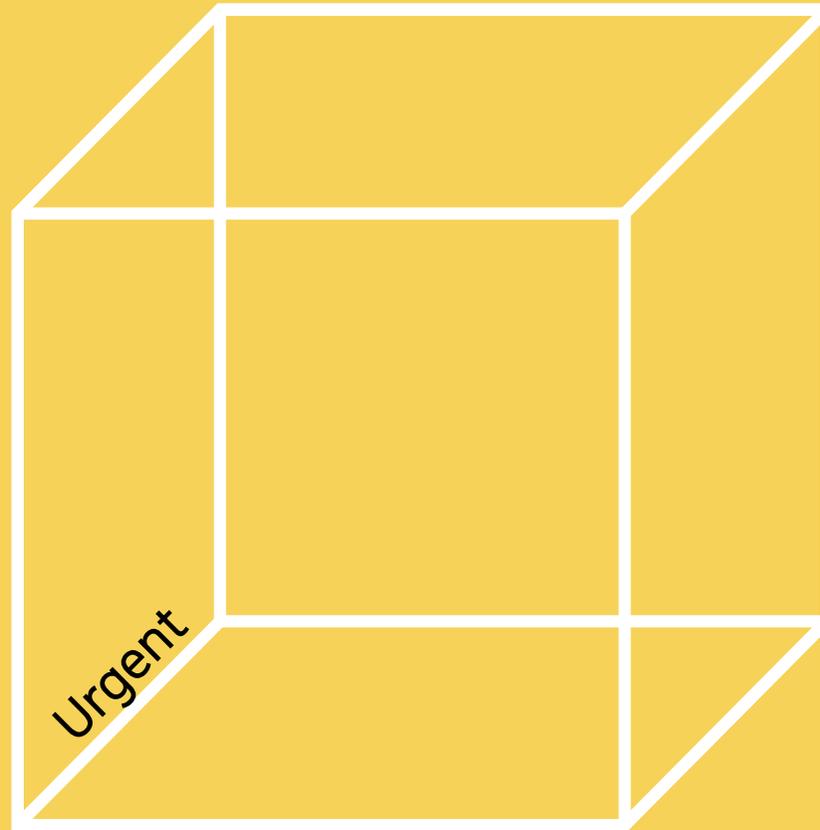
지금 이 시간에
A를 하는 이유



미래에 시간을 더 많이 쓰기 위해

3 Dimension

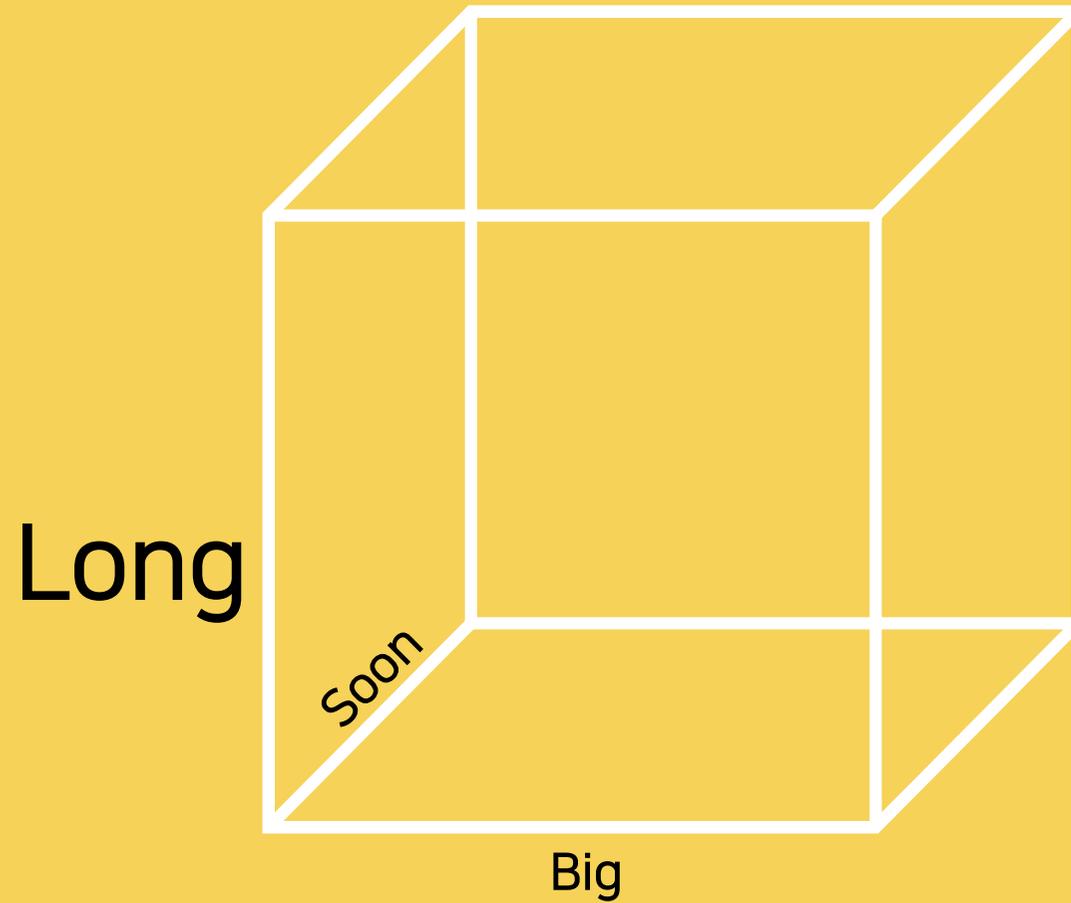
Significant



Urgent

Important

3 Dimension



시간을 쓸 때,
미래에 더 많은 시간을 쓰게 해 주는 것인지
생각해 보자

2.

시간을 어떻게 더 확보할 수 있을까?

시간을 어떻게 더 확보할 수 있을까?



8,760 시간 기록

시간에 대한
생각이 많아짐

기록을 통해
앞으로 할 것들

“

성공하는 사람들, 아니 성장하는 사람들은
하루 아침의 노력으로 이루어진 것이 아니다

”

“

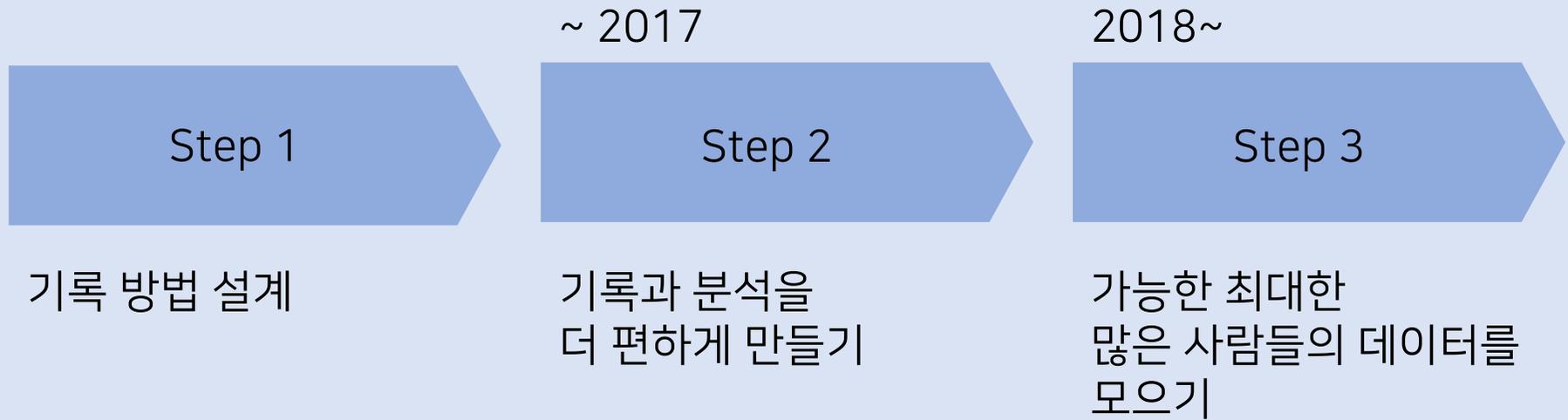
내가 원하는 인생을 살기 위해서,
나는 이렇게 시간을 써야겠구나!

”

Time Project

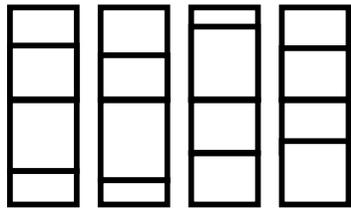
모든 사람의 시간을 기록하자

Time Project

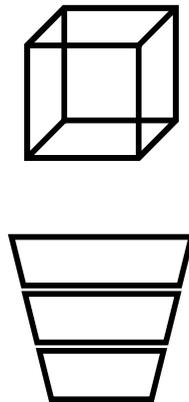


Summary

8,760 시간 기록



시간에 대한 생각



기록에 대한 계획



인생에서 가장 중요한 것을

가장 중요한 곳에 쓰자

감사합니다