

How Are You Spending Your Time?

168 hours in a week

- ____ hours for sleep
- ____ hours for class
- ____ hours working
- ____ hours eating
- ____ hours getting ready/commute time/getting to class = ____ hours remain

Subtract more hours for:

- ____ studying
- ____ extracurricular activities (meetings, clubs, hobbies)
- ____ hanging out with boyfriend/girlfriend or friends
- ____ talking on the telephone
- ____ watching TV
- ____ family obligations
- ____ relaxing
- ____ computer time
- ____ other _____ = ____ hours remain

Look over the list and do the following: put a check next to the things you are spending too much time on put a check next to the things you are not spending enough time on circle the things that are the most important to you Now consider which areas you might be willing to spend less time on in order to have more time for things that are most important to you.

What things in your list are most enjoyable to you?