

## Where Is Your Time Going?

Sometimes it can feel next to impossible to squeeze in time for things that are important to us (think exercise, relaxation, spending time with friends, etc.). This worksheet can help you think through how you spend a typical day. It can also give you ideas for how to tweak your schedule to fit in activities that are consistent with your priorities, help you to feel connected to others, or are just plain fun!

In an average 24-hour day, how many hours do you spend:

1. Sleeping \_\_\_\_\_
2. Eating or preparing meals or snacks \_\_\_\_\_
3. Driving in your car or using public transportation \_\_\_\_\_
4. Working or going to school \_\_\_\_\_
5. Grooming yourself  
(showering, getting dressed, doing your hair/makeup, etc.) \_\_\_\_\_
6. Attending regular appointments  
(clubs, church, get-togethers, doctor's appointment, etc.) \_\_\_\_\_
7. Completing chores or errands \_\_\_\_\_
8. Taking care of other relationships (children, partner) \_\_\_\_\_
9. Watching TV or using the computer/internet \_\_\_\_\_
10. Other \_\_\_\_\_

**Now add up the total:** \_\_\_\_\_

Subtract this total from 24:                      24 - \_\_\_\_\_ = \_\_\_\_\_

**The remaining hours are the hours you have allowed yourself for other priority-consistent activities.**