Take Control of Your Time...
Organizing Your Life in Alignment with Healthy Principles

List 3 main priorities in your life...

Everyone gets 168 hours a week ~ no more; no less!

168 hours in a week - ___ hours asleep = ____ awake hours per week

Estimate how many hours during the week you are involved in the following:

_____ spend on work
_____ spend on school
_____ spend with friends/social
_____ spend on reflection/spirituality
_____ spend with family
_____ physical activity
_____ leisure
_____ reading
_____ spend on organizing household
_____ spend on service to others

Calculate the percentage of the awake time you spend on:

_____ % work
_____ % school
_____ % friends/social
_____ % reflection/spirituality
_____ % family
_____ % physical activity
_____ % leisure
_____ % reading
_____ % household
_____ % service to others
_____ % ________________

Is your life managed in proportion to what is truly important to you?

Areas that you commit to make improvement to match priorities...