

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...