

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...