

How do I spend my time?

1. Using the grid below, identify how you spent your time yesterday and the purpose of the activity.
2. Identify areas you procrastinated doing something that you should have done by doing something else.

Time Frame	What I Did	Purpose of the Activity (School, Athletics or Activity, Work, Socializing, Family)
7:00am – 8:00am		
8:00am – 10:00am		
10:00am- 12:00pm		
12:00pm – 2:00pm		
2:00pm- 4:00pm		
4:00pm- 6:00pm		
6:00pm- 8:00pm		
8:00pm- 10:00pm		
10:00pm- 12:00am		

Reflection

In looking at how you spent your time yesterday, if you had to rate yourself on a 1-10 scale with 1 being a poor use of time and 10 being an excellent use of time, what would you rate yourself?

If you were asked to improve your use of time, what would you change from your day?