

## *TIME STUDY*

1. Start recording how you use your time, beginning today. Record each activity that you do throughout the day. We will often eat over feelings, right? Well, let's take a look at how much we have in our control!
2. Give each activity a grade. A = you LOVE IT, F = you HATE it.
3. Complete one of the worksheets for the next three days. If you have a day that is REALLY out of your norm, skip it and do the following day.
4. Once you've finished one week's worth of daily worksheets, go to the "Weekly Summary" sheet at the end of this section and list all your activities for the week in the appropriate categories, along with how many hours you spent doing them.

Today's Date: \_\_\_\_\_

<b>TIME</b>	<b>ACTIVITY</b>	<b>ACTIVITY GRADE</b>
7:00-7:30 am	_____	_____
7:30-8:00	_____	_____
8:00-8:30	_____	_____
8:30-9:00	_____	_____
9:00-9:30	_____	_____
9:30-10:00	_____	_____
10:00-10:30	_____	_____
10:30-11:00	_____	_____
11:00-11:30	_____	_____
11:30-12:00	_____	_____
12:00-12:30	_____	_____
12:30-1:00 pm	_____	_____
1:00-1:30	_____	_____
1:30-2:00	_____	_____
2:00-2:30	_____	_____
2:30-3:00	_____	_____
3:00-3:30	_____	_____
3:30-4:00	_____	_____
4:00-4:30	_____	_____
4:30-5:00	_____	_____
5:00-5:30	_____	_____
5:30-6:00	_____	_____
6:00-6:30	_____	_____
6:30-7:00	_____	_____
7:00-7:30	_____	_____
7:30-8:00	_____	_____
8:00-8:30	_____	_____
8:30-9:00	_____	_____
9:00-9:30	_____	_____
9:30-10:00	_____	_____
After 10 pm	_____	_____

Today's Date: \_\_\_\_\_

<b>TIME</b>	<b>ACTIVITY</b>	<b>ACTIVITY GRADE</b>
7:00-7:30 am	_____	_____
7:30-8:00	_____	_____
8:00-8:30	_____	_____
8:30-9:00	_____	_____
9:00-9:30	_____	_____
9:30-10:00	_____	_____
10:00-10:30	_____	_____
10:30-11:00	_____	_____
11:00-11:30	_____	_____
11:30-12:00	_____	_____
12:00-12:30	_____	_____
12:30-1:00 pm	_____	_____
1:00-1:30	_____	_____
1:30-2:00	_____	_____
2:00-2:30	_____	_____
2:30-3:00	_____	_____
3:00-3:30	_____	_____
3:30-4:00	_____	_____
4:00-4:30	_____	_____
4:30-5:00	_____	_____
5:00-5:30	_____	_____
5:30-6:00	_____	_____
6:00-6:30	_____	_____
6:30-7:00	_____	_____
7:00-7:30	_____	_____
7:30-8:00	_____	_____
8:00-8:30	_____	_____
8:30-9:00	_____	_____
9:00-9:30	_____	_____
9:30-10:00	_____	_____
After 10 pm	_____	_____

Today's Date: \_\_\_\_\_

<b>TIME</b>	<b>ACTIVITY</b>	<b>ACTIVITY GRADE</b>
7:00-7:30 am	_____	_____
7:30-8:00	_____	_____
8:00-8:30	_____	_____
8:30-9:00	_____	_____
9:00-9:30	_____	_____
9:30-10:00	_____	_____
10:00-10:30	_____	_____
10:30-11:00	_____	_____
11:00-11:30	_____	_____
11:30-12:00	_____	_____
12:00-12:30	_____	_____
12:30-1:00 pm	_____	_____
1:00-1:30	_____	_____
1:30-2:00	_____	_____
2:00-2:30	_____	_____
2:30-3:00	_____	_____
3:00-3:30	_____	_____
3:30-4:00	_____	_____
4:00-4:30	_____	_____
4:30-5:00	_____	_____
5:00-5:30	_____	_____
5:30-6:00	_____	_____
6:00-6:30	_____	_____
6:30-7:00	_____	_____
7:00-7:30	_____	_____
7:30-8:00	_____	_____
8:00-8:30	_____	_____
8:30-9:00	_____	_____
9:00-9:30	_____	_____
9:30-10:00	_____	_____
After 10 pm	_____	_____

## The Highest And Best Use Of My Time Weekly Summary

This week, I spent \_\_\_\_\_ hours on things I did NOT like at all.

This week, I spent \_\_\_\_\_ hours on things I was impartial to.

This week, I spent \_\_\_\_\_ hours on things I LOVE to do.

List the things you did not NEED to do:

List the things you did not WANT to do:

List the things you LOVE to do that you did:

What are the patterns?

