

HOW I SPEND MY TIME

Write down your activities for each hour of the day. Place a check mark next to activities that you believe are necessary (n) in your life or helping you move toward your goals (g) and the things you want in life. If the activity fits into neither category, don't place a check mark in that box.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
9:00 AM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
10:00 AM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
11:00 AM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
12:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
1:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
2:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___