

# SELF-ASSESSMENT OF TIME MANAGEMENT

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1. Do I feel good in general about how I spend my time?

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2. Do I spend any time during the week planning out how I want to spend my time, or does the way I spend my time happen by default?

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3. Am I spending more time taking care of myself or taking care of other people?

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4. What are my peak times of productivity?

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5. What are the top three time wasters in my life?

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6. Am I spending enough time working toward the things I want in life?

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