How do I spend my time?

Where you spend your time says a lot about who you are as a person. Do you spend hours collecting bugs for study? Do you burn away an afternoon reading your favorite book? Sports? Video games? Cooking? Chores? You are going to log your activities for one 24-hour period and then reflect on what that says about you.

Date_ How much did you Who were you **Time Activity** Amount spent or What did you do? Can be short with? enjoy the activity? 1 – Ugh, I hated it! one word answer or more! actual time from Was this done 5 – Loved it! the clock. alone or who were you with?

What is the one activity you feel most proud of from your day? What makes you feel this way?
What is something that you know you should spend more time on? How might your life be different if you did give it more time?
Given the constraints of your day, if you could pick someone from your life and an activity to do with them who would it be and what would you spend your time doing?