

Putting Things Into Perspective

Where is your time going?

1. Number of hours of sleep each night _____ X 7 = _____
2. Number of grooming hours per day _____ X 7 = _____
3. Number of hours for meals/snacks per day – include preparation time _____ X 7 = _____
4. Total travel time each weekday _____ X 5 = _____
5. Total travel time on weekends _____
6. Number of hours per week for regularly scheduled functions (clubs, church, get-togethers, etc.) _____
7. Number of hours per day for chores, errands, extra grooming, etc. _____ X 7 = _____
8. Number of hours of work/internship per week _____
9. Number of hours in class per week _____
10. Number of average hours per week socializing, dates, TV, web surfing, etc. Be honest! _____

Now add up the totals:

Subtract your total from 168 168 – _____ = _____

***The remaining hours are the hours
you have allowed yourself to study.***

(SOURCE: Unknown)