

TIME AUDIT - PowerPoint

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1 **TIME AUDIT**

2 **For the following categories, estimate how much time you spend (on average) in a 24 hour day. Round to the nearest half-hour.**

- Sleeping
- Eating
- Personal hygiene
- Running errands/shopping
- Travel to and from school/work
- In school/lecture, labs, learning
- Extra-curriculars/hobbies
- Homework
- Social media & texting
- TV, Netflix & video games
- Socializing w/ friends or family
- Work/household chores

3 **OK. Add them up.**

NOTE: there are only 24 hours in a day
Do you have time for everything?
NEWSFLASH: No one does.

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4 **WHAT ABOUT READING?**

5 **PRIORITIES**

The REAL lesson to note here is that "PRIORITIES ARE WHAT WE MAKE THEM."
We *NEVER* have time for everything, unless we take that time from somewhere else.
So it's not that we don't *HAVE* the time, we just have to make decisions on how to spend it.
... (WOW. THAT'S JUST LIKE \$\$)

6 **SO, WHAT'CHA THINKIN'?**

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