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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

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• 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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