# Taking Your Time

Write in the circle how many hours you spend on each area, each week

- Hours at work (including travel)
- Sleep
- Family
- Romantic Relationships
- Household Management
- Friendships
- Health
- Education
- Leisure
- Community Involvement

Time for Thriving
PART OF Health is One

## Top 3 Areas with most time spent

1.

2.

3.

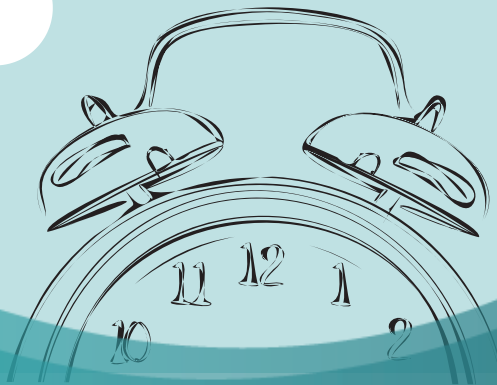
## Areas I would like to change the time spent on

1.

2.

3.

What could I do to make positive changes?



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