

DEPAUL A.C.E.

ACTIVELY CHOOSING EDUCATION

WHERE DO ALL THE HOURS GO?

Each week you have exactly $24 \times 7 = 168$ hours to get things done.

- 1) Take a few minutes to tally up how many hours you spend in one typical week for each of the following activities. Remember that weekday schedules may be a little different than weekend schedules.

<u>ACTIVITY</u>	<u>HOURS PER WEEK</u>
Commuting	_____
Employment	_____
Sleeping	_____
Organizing	_____
Food preparation	_____
Eating	_____
Relationships/Family Obligations	_____
Grooming	_____
Exercise	_____
Health Care	_____
Financial Management () paying bills, balancing checkbook	_____
Shopping/Errands	_____
Cleaning/Laundry	_____
Entertainment	_____
Community Involvement	_____
Spirituality	_____
Personal Development	_____
Total:	_____

- 2) Subtract your total from 168. How much free time do you REALLY have? _____

Homework _____

Attending Classes _____

Is it MORE or LESS than you expected?

Where can you start making changes?