

# Time Budget

## Where does your time go?

We are never allowed to say we don't have time, only that things are not a priority. Fill out this time budget every day for a week and look for places where you may be Wasting time or investing in things that do not invest in you.

What are your most harmful time wasters? What did you spend more time on than you expected? How much sleep are you getting? Where could you be doing better?



4 AM	_____
5 AM	_____
6 AM	_____
7 AM	_____
8 AM	_____
9 AM	_____
10 AM	_____
11 AM	_____
12 PM	_____
1 PM	_____
2 PM	_____
3 PM	_____
4 PM	_____
5 PM	_____
6 PM	_____
7 PM	_____
8 PM	_____
9 PM	_____
10 PM	_____
11 PM	_____
12 AM	_____