

TIME UNDERSTANDINGS: WHERE MY TIME GOES

For three typical school days summarise on a separate sheet of paper, how you use your time to within 15 minutes for each activity you are involved in. This will give you a really good idea of how you spend your time.

Then use this Thinking Tool to reflect on the time you spend doing nothing in between the main activities you do, called **Nothing Time**; you will be very surprised how much of your time is used up here.

How much time do you spend?	Day one (in hours)	Day two (in hours)	Day three (in hours)
In bed sleeping?			
Preparing/ordering food and eating			
Showering, grooming and dressing			
Travelling to and from school and other activities			
At school; including before and after			
Home Learning and Study; including being tutored			
Sport and Exercising			
Watching TV and DVD's			
Surfing the Net			
Social Networking (such as Facebook)			
Part-time jobs			
Practising hobbies (such as musical instruments)			
Socialising			
Other activities you are involved in			
TOTALS	TOTAL -	TOTAL -	TOTAL -

Grand Total - _____ hours. In three days there are 72 hours. Nothing Time = 72 hours - Grand Total = _____ hours

Are there any big time wasters? _____

If so, what are they? _____

What can you do to reduce them and who can help you? _____

"Either move or be moved."
Ezra Pound