

humantold

Visualize your Time

This activity will help to show how you invest your time and energy with the intention of evaluating if you are content or would like to renegotiate certain areas.

Start by creating a list of ways you use your time on an average day (can be work day and/or rest day)

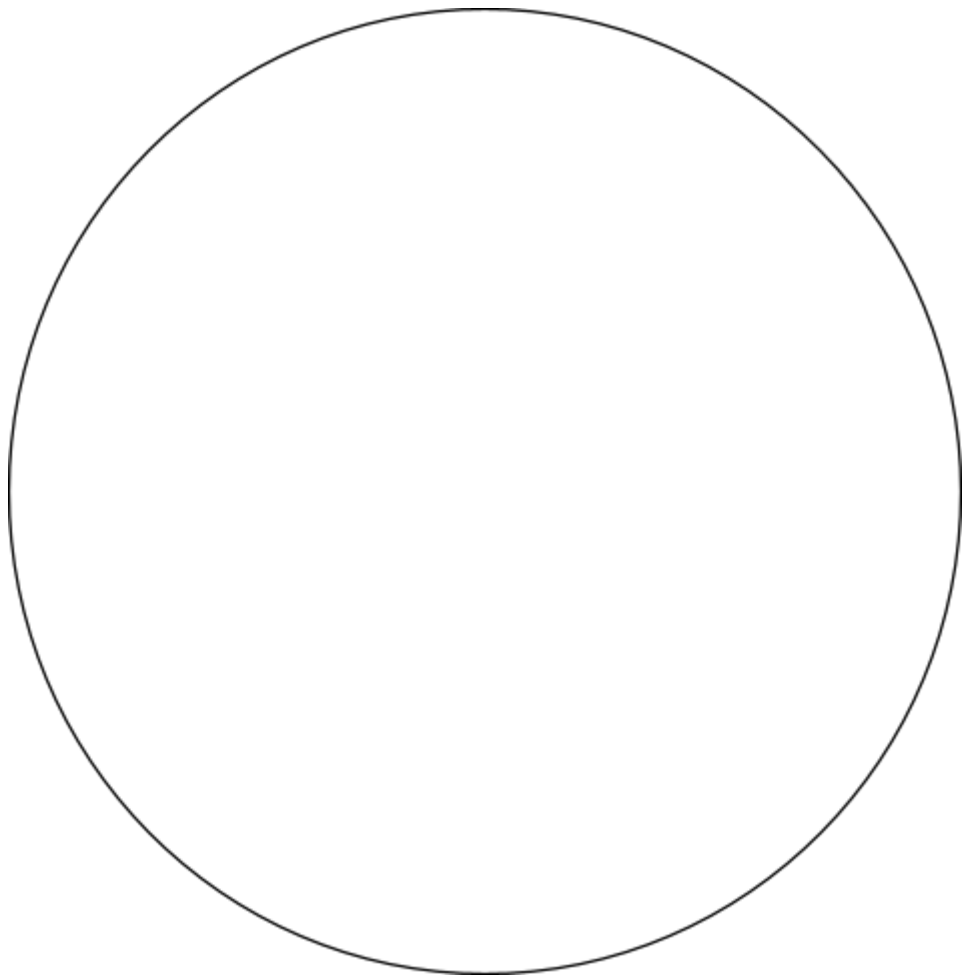
- Some examples: Sleep, Social media/TV, Friends, Family, Work, Partner, Going out, Personal Goals

Put percent values on each one category for how much time is spent presently.

- Draw a pie chart or use this link: [pie chart generator](#) to create a visual

How I spend my time:

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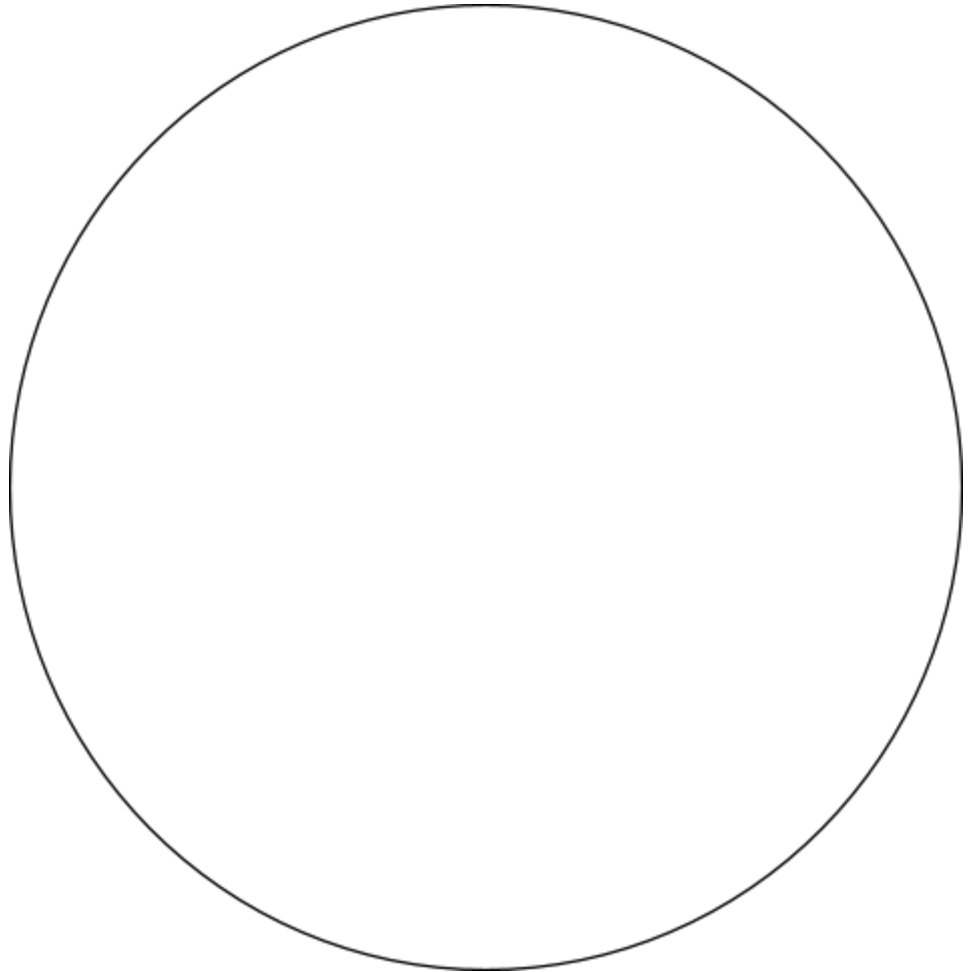


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Upon seeing this, reflect on if this balance is what you want or if you would like to work towards adjusting it? If there are some changes you would like to make, do this activity again with the percent values reevaluated towards what you would like to work towards.

How I spend my time:

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As you work on making adjustments these are some things to consider.

- If it does, what actionable steps can you take today or build into your schedule to make it work.
- What would you need to cut down on?
- Is there resistance or barriers to cutting it down? What are these and how might you go about handling them?