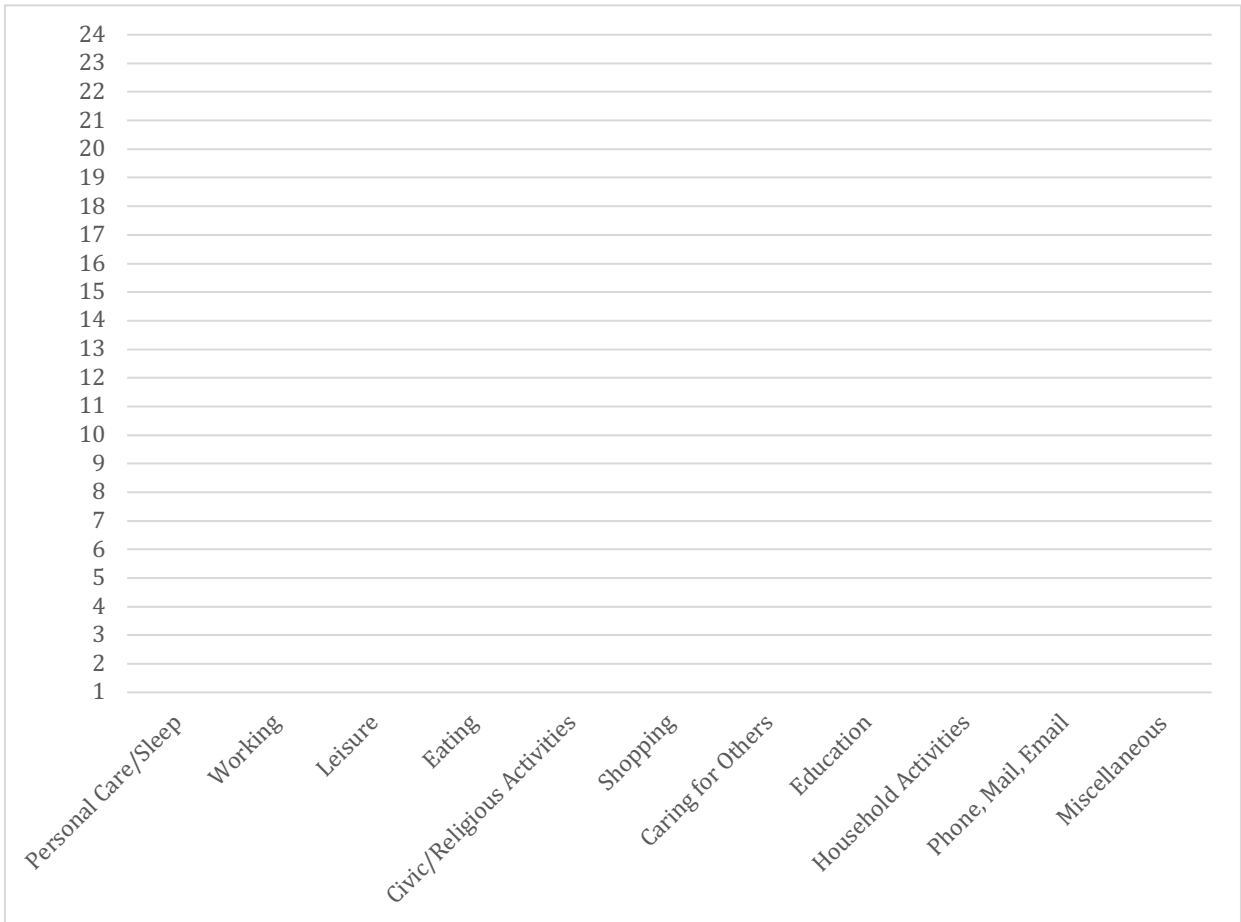


## My Time and My Values

### Part 1: How I Spend My time

Consider a typical day and complete the bar graph below according to how much time you spend, on average, doing the following activities each day.



## Part 2: How I Want to Spend My Time

Take two or three minutes to reflect on things you feel are important in your life. Then, complete the questions below about your values and how you currently spend your time.

What do I value in my life? What is most important to me?

What activities do I spend the most amount of time on each day?

Did I notice a conflict between my values and how I spend my time? If so, what are they?

What would I like to spend more time on?

What prevents me from spending more time on the activity I listed above?