

## Daily Activities

Activity	Time Spent per Day	Keep= ✓ Change= ✕
Sleep		
Personal hygiene		
Clothes – getting dressed, buying clothes, cleaning clothes,		
Preparing food		
Buying food		
Eating		
Your Work Job		
Hours that are productive		
Hours that are unproductive due to you should leave and get some rest but instead in a state of exhaustion you just keep plugging away.		
Your Home Jobs (garbage, laundry, outdoor maintenance, cleaning, doing dishes, etc)		
Watching TV – shows you really enjoy and enrich your life according to what you value		
Watching TV – things that don't enrich your life, but just serve as "relaxation" or "filler"		
Surfing the Web		
Emails-work		
Emails – personal		
Emails – entertainment/subscriptions		
Emails – solicitations		
Paying Bills		
Facebook/Twitter/Pinterest/ Social Media		
Browsing catalogs whether in print or online		
Reading – magazines		
Reading – the news		
Reading – topics that really matter to you		
Reading to your children		
Conversations with your children (where you are fully present)		
Conversations with your partner (where you are fully present)		
Conversations with friends		
Conversations with family members		

## Daily Activities

Activity	Time Spent per Day	Keep= ✓ Change= ✕
Conversations with new people		
Creativity activities (fill in the blank – writing, art, crafts, building things, creating ideas, etc)		
Music activities – singing, dancing, playing music		
Moving your body – exercise, yoga, gardening, dancing		
Social events you want to participate in		
Social events you feel obligated to participate in		
Bringing your child to activities you think really have a positive influence for your child		
Bringing your children to activities you think are just being busy, not truly loved by your child, and therefore not adding meaningful value to your child.		
Taking care of possessions –		
Caring for your home – to “good enough”, to “tidy/clean” to “perfection”		
Caring for your photos		
Organizing music, videos		
Filing papers		
Putting all your things away (so many things we own!!! Books, gadgets, chargers, tablets, phones, papers, mail,		
Vacations		
Travel – both local and far		
Learning something new		
Volunteering/Helping Others		
Meditating		
Spiritual practice (church, group meetings, prayer, reading, etc.)		
Driving time		
Activities you dream of doing but never get to (writing a novel, learning to play guitar, making a piece of furniture, sewing a quilt, starting a business, creating a group centered around an interest of yours, volunteering)		

