

A GUIDE TO MAKING TIME FOR YOU!



*"How we spend our days, of course,
is how we spend our lives."*

ANNIE DILLARD

MY DAY AT A GLANCE

If you want more time, you have to keep track of where the time you have is going. Fill out the chart on the next two pages to honestly -- and non-judgmentally -- reflect on how you are spending your time.

Time	Activity/Activities	How I felt <u>during</u> this activity	How I felt <u>after</u> doing this activity
Before 7am			
7:00			
8:00			
9:00			
10:00			
11:00			
12:00			

Time	Activity/Activities	How I felt <u>during</u> this activity	How I felt <u>after</u> doing this activity
1:00			
2:00			
3:00			
4:00			
5:00			
6:00			
7:00			
8:00			
9:00			
10:00			
After 10pm			

TIME FOR REFLECTION

The things I do during my day that make me feel good/productive/fulfilled/joyful/nurtured are...

The things I do during my day that make me feel bad/stressed/overwhelmed/sad/lacking are...

I could probably do more...

I should probably do less...

TIME FOR COMMITMENT

*A good time of day for making
time for myself is:*

*I may need to make the
following changes in my day to
allow time for myself:*



“Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.”

PARKER PALMER

