

Fill in (with crayons) continuously throughout one week how do you spend your time? Exemplary categories: sleep, job, studies, sport, Tv, family, household work, traveling, social media, gaming... For each category choose a different color. PS: A week has 168 hours.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							
24:00							
01:00							
02:00							
03:00							
04:00							
05:00							
Every evening before you go to bed write three things from the day that you are happy/grateful for:							

Amount of hours:

Name of the category							Hours spend total
Write the number of hours in each category.							

Was a typical week in you life:

Space for your reflection: