

Slice of Life 24-Hour Pie Chart

Here is an “assessment” that gives you a quick visual representation of your time use.

Chart Your Day-to-Day Life--3 minutes

1. Take a paper plate and a pen
2. Let the plate represent your typical 24-hour week day
3. Draw lines to divide the plate into sections proportionate to how you spend your time, according to these categories. (Adapt this list to fit your life.)
 - a. Work
 - b. Drive time
 - c. Sleep
 - d. Meals
 - e. Family time
 - f. Hobbies
 - g. Exercise
 - h. Entertainment (concerts, TV, ball games, reading, pets--whatever you do)
 - i. Maintenance (shopping, cooking, laundry, cleaning, yard work, paying bills)
4. Turn the chart over, and quickly jot down:
 - a. 2-3 major stressors in your life
 - b. 2-3 major things you **love**/long to do but haven't made time

Take a Good Look—15-30 seconds

5. Take a look at your chart and ask yourself:
 - a. What would I like to add/change? (as related to the items on the back of your chart)
 - b. How can I adjust my time to better support my wellbeing?

State What You See—2 minutes

6. Turn to your neighbor and take a minute to:
 - a. Summarize what your chart tells you about your life
 - b. Switch roles; listen to your neighbor's summary