



How Do We Waste Our Time?

Estimate how many hours per day you spend on the following time-wasting activities:

Activity	Hours Spent (0–24)
Social Media	
Gaming	
Streaming Videos	
Idle Time	
Other	

Now choose positive activities to replace some of your wasted time:

- Exercise – Time planned: _____ minutes
- Reading – Time planned: _____ minutes
- Learning a new skill – Time planned: _____ minutes
- Meditation – Time planned: _____ minutes
- Working on a hobby – Time planned: _____ minutes

How might replacing these habits change your energy, mood, or results?
