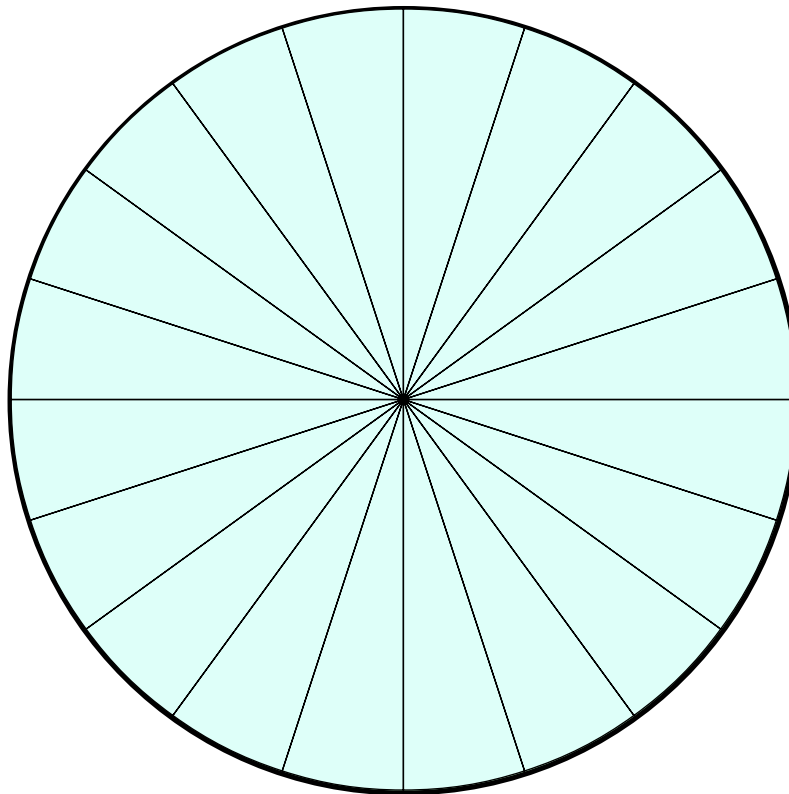


One Week in Your Life

THERE ARE 168 HOURS IN EVERY WEEK. LET'S SAY YOU SPEND ABOUT 60 HOURS A WEEK SLEEPING—THAT LEAVES YOU WITH MORE THAN 100 HOURS AVAILABLE FOR OTHER ACTIVITIES.

Each slice of this pie chart represents five of those waking hours. Plot your time after considering how much time you spend...

1. At work
2. With friends
3. With family
4. On housework, errands and meal prep
5. In nature
6. On social media
7. Volunteering
8. Enjoying sports, arts and hobbies
9. Playing video games
10. Watching TV, YouTube and Netflix
11. On self-care



Did your chart reveal any surprises?

What things would you like to devote more time to?

Is there anything on which you'd like to spend less time?
