# Reflection Activity: Time Auditing

Use table 1 below to help you reflect on how much time you think you spend doing day to day activities. Feel free to add more rows as you need.

Use table 2 to note down how much time you actually spend on each activity and see if there are any differences between expectations & reality.

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| Activities | Expectations | |
|  | Per day | Per week |
| * College-related work (attendance, readings, studying, projects) |  |  |
| * Day to day activities (Cook, eat, do laundry, etc.) |  |  |
| * Wellbeing activities (Exercise, mediate, sleep, connect with family & friends) |  |  |
| * Entertainment activities (Watch TV, Social Media, go out) |  |  |
| * Other (add as many rows as you need) |  |  |

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|  | Expectations | | Reality | Reflections |
| Activities | Per day | Per week | Actual time spent |  |
| * College-related work (attendance, readings, studying, projects) |  |  |  |  |
| * Day to day activities (Cook, eat, do laundry, etc.) |  |  |  |  |
| * Wellbeing activities (Exercise, mediate, sleep, connect with family & friends) |  |  |  |  |
| * Entertainment activities (Watch TV, Social Media, go out) |  |  |  |  |
| * Other (add as many rows as you need) |  |  |  |  |

**Post auditing reflections**

Were your expectations about how much time you spend on different activities accurate or not?

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Were there any surprises?

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Which activities did you find you prioritize (spend most your time on)?

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Which activities do you spend the least time on?

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What changes do you wish to make to improve how you spend your day or week?

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