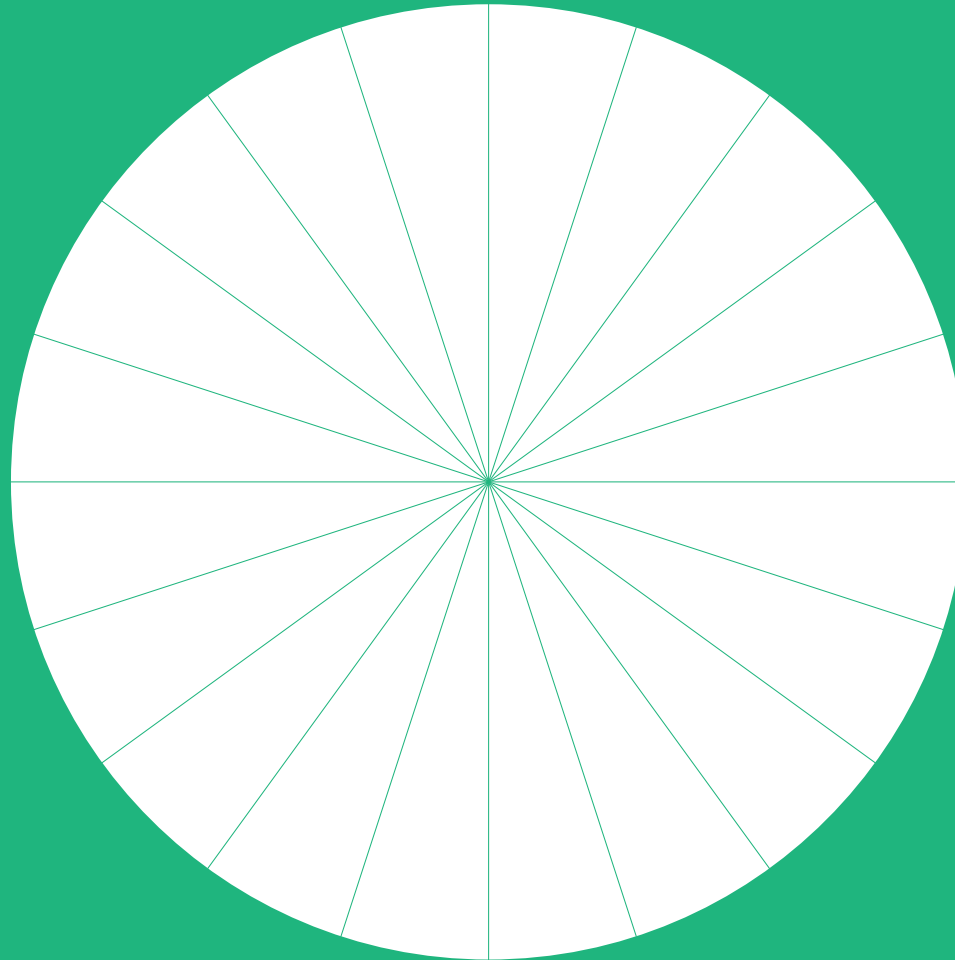


# A Week In Your Life

There are 168 hours in every week. Say you sleep for 70 – about 10 hours each night. (SEE CHAPTER 1 FOR THE BENEFITS OF SLEEP.) That leaves you with about 100 hours in a typical week.

Each slice of this pie chart represents five hours of those waking hours. Plot your time – be precise or simply estimate – after considering how much time you spend ...



- \_\_\_\_\_ AT SCHOOL OR WORK
- \_\_\_\_\_ WITH FRIENDS
- \_\_\_\_\_ WITH FAMILY
- \_\_\_\_\_ ON HOUSEWORK, ERRANDS, MEAL PREP
- \_\_\_\_\_ IN NATURE
- \_\_\_\_\_ VOLUNTEERING
- \_\_\_\_\_ ON SOCIAL MEDIA
- \_\_\_\_\_ WATCHING TV, YOUTUBE AND NETFLIX
- \_\_\_\_\_ PLAYING VIDEO GAMES
- \_\_\_\_\_ SPORTS, ARTS AND HOBBIES
- \_\_\_\_\_ SELF-CARE

**“Your life is what you pay attention to. If you want to spend it on video games or Twitter, that’s your business. But it should be a conscious choice.”**

CATHERINE PRICE

**NOTE WITHOUT JUDGING HOW YOU SPEND YOUR TIME. DID YOUR CHART REVEAL ANY SURPRISES?**

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**WHAT THINGS WOULD YOU LIKE TO DEVOTE MORE TIME TO?**

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**IS THERE ANYTHING ON WHICH YOU’D LIKE TO SPEND LESS TIME?**

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**FOR TIPS ON DIGITAL WELLNESS, SEE CHAPTER 1**