



# A Day in My Life

Name: \_\_\_\_\_

Date \_\_\_\_\_

Advisory: \_\_\_\_\_

Goal of the Day \_\_\_\_\_

Over the next 2 days, record everything that you do within a day. Include everything from time spent on social media for leisure to time spent in classes, afterschool activities, etc.

## REFLECTIONS

What do you notice about how you spend your time?

Are there points of your day where time is wasted? How?

Is your schedule reflective of reaching your short-term or long term goals?

Did you accomplish your goal of the day? Why or Why not?

What would you change about how you spend your time?

