

Your Personal Time

I usually watch television (focused watching, not having it on in the background):

- Rarely.
- Less than an hour per day.
- More than an hour per day.
- More than 2 hours per day.
- More than 3 hours per day.

I waste time on the computer:

- Rarely.
- Less than an hour per day.
- More than an hour per day.
- More than 2 hours per day.
- More than 3 hours per day.

Overall, on a scale of 1-10 where

1 = "I generally use my cell phone only for emergency and essential phone calls," and
10 = "I tend to text or talk on my cell every free minute I have,"

I would give myself a rating of:

The state of the overall organization of my house:

- Is not a problem.
- Makes accomplishing things take longer than it should.
- Really causes me to waste a lot of time.

When looking for something that I use regularly:

- I can usually locate it immediately.
- I can usually find it fairly quickly.
- It takes me a while but I find it eventually.
- I often have to give up.

When looking for something that I use occasionally:

- I can usually locate it immediately.
- I can usually find it fairly quickly.
- It takes me a while but I find it eventually.
- I often have to give up.

When it comes to controlling my little corner of the world, I:

- Try to live responsibly, but accept that there are things I can't control.
- Probably try to control more than is realistic.
- Am a complete control freak.
- Other:

I tend to be:

- Pretty relaxed about things.
- A little obsessive, but not enough that it's a problem.
- Somewhat obsessive about things.
- Obsessive to the point where it truly interferes with my life.

When asked to do something optional that I don't want or have time to do, I:

- Almost always say no.
- Usually say no.
- Sometimes say no.
- Usually say yes.
- Almost always say yes.

My volunteer activities are:

- Mostly things I enjoy and have time to do.
- Obligations that I need to fulfill and have the time to do.
- Obligations that I need to fulfill but don't have the time to do.
- Things I don't have time for and don't have obligations to fulfill but I can't say no.

Overall, on a scale of 1-10 where

1 = "My brain gets regular downtime (no cell phone, computer, TV, etc.)," and
10 = "My brain is plugged into something every waking minute,"

I would give myself a rating of:

I take time for leisure activities:

- At least once a week.
- A couple of times a month.
- Rarely.
- Yeah, right. Who has time for fun?

If employed, I usually:

- Take the vacation time that is coming to me.
- Take most of my vacation time.
- Do not use all of my vacation time.

The last time I took time off work for vacation or other leisure activity was:

I take time for activities that nurture me (massage, meditation, hot bath, etc.):

- At least once per week.
- At least once per month.
- Rarely.
- Never.

For fun and relaxation I: (check all that apply)

- Watch television.
- Read.
- Participate in something physical.
- Am on a sports team.
- Go out to dinner with friends or family.
- Go to movies, plays or concerts.
- Do crafts, play an instrument or sing.
- Journal, write poetry, etc.
- Garden.
- Other:

If I had more time, I would:

- Watch television.
- Read.
- Participate in something physical.
- Join a sports team.
- Go out to dinner with friends or family.
- Go to movies, plays or concerts.
- Do crafts, play an instrument or sing.
- Journal, write poetry, etc.
- Garden.
- Other:

Overall, on a scale of 1-10 where

1 = "I regularly take time for recreating (read: 're-creating')," and
10 = "I never take time to relax or have fun,"

I would give myself a rating of:

Overall, on a scale of 1-10 where

1 = "My personal time is pretty calm and in control," and
10 = "My personal time is hopelessly frenetic,"

I would give myself a rating of:

What priority level would you give to making changes to your personal time management?

- High priority Medium priority Low priority