

Time Planner

How much time do you spend on each of these activities in a typical week?
What changes would you like to make?

Christian Faith

Personal devotions
Church services
Home group
Retreats
Conferences

Daily & weekly Living

Getting up
Going to bed
Meal preparation
Eating meals
Childcare
Shopping
Admin & finances
Gardening
Cleaning
Repairs & maintenance
Laundry

Serving

Family responsibilities
Church responsibilities
Christian charity
Secular charity
Neighbourhood

Social & Recreation

Family time
Friends' time
Sports & exercise
Mental stimulation
Hobbies
Entertaining
Theatre, film, concerts
Travel

Rest & Relaxation

Sleep
Naps
Me-time
Reading
Watching TV

