

## How's Your Time Pyramid Look? Exercise #1

Short survey: There are only 24 hours in the day and 365 days a year. If you feel this is not enough time to get things done, you will need to set new limits to certain activities.

1. I use the following electronic media:

\_\_\_ Telephone \_\_\_ hours/day \_\_\_ Hours/week for

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\_\_\_ Television \_\_\_ hours/day \_\_\_ Hours/week for

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\_\_\_ Text messages \_\_\_ hours/day \_\_\_ Hours/week for

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\_\_\_ Instant Messages \_\_\_ hours/day \_\_\_ Hours/week  
for

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\_\_\_ iPod \_\_\_ hours/day \_\_\_ Hours/week for

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\_\_\_ Video games \_\_\_ hours/day \_\_\_ Hours/week for

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\_\_\_ Reading Books \_\_\_ hours/day \_\_\_ Hours/week for

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\_\_\_ Facebook , MySpace, social media \_\_\_ hours/day \_\_\_ Hours/week for

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\_\_\_ Online shopping \_\_\_ hours/day \_\_\_ Hours/week for

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\_\_\_ Shopping \_\_\_ hours/day \_\_\_ Hours/week for

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\_\_\_ Computer – home use \_\_\_ hours/day \_\_\_ Hours/week for

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\_\_\_ Computer – work use \_\_\_ hours/day \_\_\_ Hours/week for

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2. I spend \_\_\_\_\_ hours/day \_\_\_ Hours/week working (for pay).

I spend \_\_\_\_\_ hours/day \_\_\_ Hours/week enjoying my family.

I spend \_\_\_\_\_ hours/day \_\_\_\_ Hours/week praying, church, Bible Study  
(private or with family)

I spend \_\_\_\_\_ hours/day \_\_\_\_ Hours/week working around the house.

I spend \_\_\_\_\_ hours/day \_\_\_\_ Hours/week volunteering.

I spend \_\_\_\_\_ hours/day \_\_\_\_ Hours/week personal time.

I spend \_\_\_\_\_ hours/day \_\_\_\_ Hours/week parenting.

I spend \_\_\_\_\_ hours/day \_\_\_\_ Hours/week with extended  
family/friends.

3. The balance of my life is just right \_\_\_\_\_; too heavy on \_\_\_\_\_; too little  
on \_\_\_\_\_.

%Church \_\_\_\_\_ % Spouse \_\_\_\_\_ % Family \_\_\_\_\_ % Work \_\_\_\_\_ %  
Volunteer \_\_\_\_\_ % Other \_\_\_\_\_

If your pyramid is off balance, put together a family plan that has a better balance. List  
the plan here using the following chart.

### Actual Goal

Home \_\_\_\_\_ % of 24 hours \_\_\_\_\_

Volunteer Time \_\_\_\_\_ % of 24 hours \_\_\_\_\_

Work (Outside) \_\_\_\_\_ % of 24 hours \_\_\_\_\_

Faith Formation \_\_\_\_\_ % of 24 hours \_\_\_\_\_

Spouse Time \_\_\_\_\_ % of 24 hours \_\_\_\_\_

Working around the home \_\_\_\_\_ % of 24 hours \_\_\_\_\_

Paying bills \_\_\_\_\_ % of 24 hours \_\_\_\_\_

Talking on Phone \_\_\_\_\_ % of 24 hours \_\_\_\_\_

Watching TV, Computer, etc. \_\_\_\_\_ % of 24 hours \_\_\_\_\_

Sleep Time \_\_\_\_\_ % of 24 hours \_\_\_\_\_

Family Time \_\_\_\_\_ % of 24 hours \_\_\_\_\_

**Dinner Time (Eating together) \_\_\_\_\_ % of 24 hours \_\_\_\_\_**

**4. I plan to change:**

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**Exercise #2**

**Setting Honorable Limits to Honorable Activities**

**Activity      My Limits      How it affects me**

**Physical**

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**Spiritual Life**

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**Mental/Psychological**

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**Social Life**

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**Economic**

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**Intellectual**

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