

# A 25-Hour Day?

How are you doing with time management? Consider the following lists of daily activities and answer the following questions:

Gardening  
Cooking  
Working  
Cleaning house  
Overtime  
Church activities  
Resting  
Reading  
Driving/Commuting

Sleeping  
Exercising  
Social engagements  
Trying to meet the right guy or girl  
Taking care of the kids  
Personal devotional time  
Hobbies: \_\_\_\_\_  
Watching TV  
Getting dressed

If you are rushed for time, which of these things could you take out of your daily schedule?

If there were 25 hours in a day, what would you add to your daily schedule?

Your doctor says "Slow Down!" How are you going to adjust your schedule to take it easy?

What's not in your daily schedule that needs to be?

Which activities constitute the most valuable use of your time?