


# 168 Hours Worksheet

The 168 hours exercise help you identify your value and how to best use your time to add activities that align with those values. For each activity in the table below, list how many hours you spend every week on average.

Activity	Average Hours/Week
 <b>School (class time, homework, studying, etc.)</b>	
 <b>Job/Work</b>	
 <b>Socializing</b>	
 <b>Exercising</b>	
 <b>Extracurricular activities</b>	
 <b>Home responsibilities (cooking, cleaning, etc.)</b>	
 <b>Commuting (driving, transportation)</b>	
 <b>Hobbies</b>	
 <b>Sleeping</b>	
 <b>Others:</b>	

What is the total of all your weekly hours spent on the activities? \_\_\_\_\_

Subtract the total hours spent from 168. \_\_\_\_\_

Divide the number by 7. This is how many hours on average of time you have a day outside of the activities listed above. \_\_\_\_\_

**What if I got a positive number?** This means you have some free time! Consider what you can or want to do with your free time - more sleep, socializing, or self-care?

**What if I got a negative number?** This means that you committed to more time than you have in a week.

Use the 168 Hours Time Management Worksheet on the following pages to help you allot/plan your time to different activities throughout the week.