Time Log Exercise (Light, 2001)

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Students record their daily schedule of activities over three days. With that record they answer the following questions:

- What are your top three goals for the semester?
  - 1.
  - 2.
  - 3.

- How do you spend your time? In terms of the time allotted, what are your top 5 activities?

- Are you pleased/satisfied with the way you spent each day?

- Think about the goals you listed in #1. Is the way you spend your time helping you to meet your goals?

- What changes would you like to make?

- What are three steps you can take to make that change? Be specific.