

**Time Log Exercise (Light, 2001)**

*Submitted by Dr. Daniel O'Neill, Counseling and Human Development*

**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.