

# MY TIME

## WHAT I HAVE TODAY

*Divide this circle the way you presently use your time.*

The Categories Are:

1. Self
2. Father
3. Family
4. Work
5. Couple
6. Play

*Divide this circle the way you want to use your time.*

The Categories Are:

1. Self
2. Father
3. Family
4. Work
5. Couple
6. Play

## WHAT I CHOOSE FOR TOMORROW

### **ON THE BACK:**

- 1. List three things you want to do for yourself**
- 2. List three things you want to do with your partner**