

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

## How Are You Using Your Time?

**Directions:** Time is a valuable resource that we can use to our advantage to achieve our goals and progress towards our visions. Reflect on how you are using your time. Use the questions below as a guide.

- After school, do you find yourself investing or spending your time? Explain and please use specific examples when writing your reflection.
- Do you procrastinate a lot on school assignments? Why or why not?
- If you do procrastinate, do you find that you are procrastinating more, less, or the same after learning about this concept in class?
- Evaluate your time management skills. Are you improving in this area? Also, what tool(s) do you use to manage your time?
- Do you find that you are trying to manage your time more, less, or the same after learning about time management in class?

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