



THE
GET READY
PROJECT

Building Awareness: Schedule Wheel

Each wedge in the circle represents one hour. Color in the wedges based on how much time you spend on a given activity in a typical work day. You may want to include the following:

- Sleep
- Work
- Meals
- Chores/Caring for Others
- Self-Care (Physical, Emotional, Spiritual)
- Technology
- Socializing
- Leisure

Once you've completed the circle, consider the following questions:

- Does anything surprise you about how you spend your time?
- Are there any parts of your schedule that are serving you well right now?
- Are there areas that you would like to change or improve?
- How much time are you spending engaged in activities that you truly enjoy, or that "fill you up?" How can you build more of those activities into your day?

