## IT'S MY TIME

Utilize this template to help streamline your daily schedule. This worksheet is designed for individuals who are feeling overwhelmed by their daily responsibilities.

## TOP DAILY PRIORITIES:

TIME IN THE DAY: 24 HRS

WHAT ACTIVITIES WOULD YOU LIKE TO MAKE A REGULAR PART OF YOUR ROUTINE, BUT OFTEN FEEL LIKE YOU DON'T HAVE THE TIME FOR?

TIME GETTING READY  EATING & TIME COOKING/PREP  ACTIVITIES FOR CHILDREN  CHILD CARE  WORK  SCHOOL  HOMEWORK  APPOINTMENTS/MEETINGS  EXERCISE  CHORES  OTHER:	TIME GETTING READY  EATING & TIME COOKING/PREP  ACTIVITIES FOR CHILDREN  CHILD CARE  WORK  SCHOOL  HOMEWORK  APPOINTMENTS/MEETINGS  EXERCISE  CHORES  OTHER:  OTHER:			
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**DESIGNED BY:** INNER JOY SERVICES