|  |  |  |  |
| --- | --- | --- | --- |
| Time | Typical Activity | Do I Enjoy It? | Is it for Myself or Others? |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Total number of hours that I spend during a typical work day doing things for myself that I enjoy:

\_\_\_\_\_\_\_\_hours