

PERSONAL TIME USES

HEALTH

1. _____
2. _____
3. _____
4. _____

FRIENDS and FAMILY

1. _____
2. _____
3. _____
4. _____

RELAXATION

1. _____
2. _____
3. _____
4. _____

EDUCATION

1. _____
2. _____
3. _____
4. _____

SPIRITUAL

1. _____
2. _____
3. _____
4. _____