

Student Time Balance Guide Worksheet (based on 16 waking hours a day)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							



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SOLUTION FOCUSED HYPNOTHERAPY & RELAXATION

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Area	Ideal Range	Notes
School / College / Uni	30% - 5 hrs	study, training, work, personal development
Screen / Social / Scrolling	20% - 3hrs	phones, gaming, social media, messaging, connecting online
Daily Life / Admin	20% - 3hrs	meals, getting ready, travel, washing, tidying space, organisation, lists, errands,
Movement / Hobbies / In Person	10% - 1.5 hrs	3 P's, nature, meditation, relaxation, downtime, catch up with friends, coffee shop, walks
Reflection / Downtime	15% - 2.5 hrs	Music, tv, rest, not productive
Sleep Routine	3% - 45mins	sleep hygiene (30/45 mins before bed)
Survival Brain	2 % - 15 mins	Reactive Fight Flight Freeze

Questions:

What do you notice? Where do you feel most depleted or energised? Which area if increased slightly would positively affect everything else?

What would a rhythm that supports both your success and wellbeing look like? What small changes can you make to move closer to that ideal? How can you protect the time that matters most?