

TimeWise Journal

Directions: Complete one journal page each day for 4 days. Record everything you do all day long beginning Friday morning and ending Monday night. You don't have to write on every line. If an activity takes longer than 15 minutes, block off how much time it took. (See the Sample below.)

In the "Why" column write the letter that best matches why you did each activity.

H (Had to)—Someone expected you to do the activity.

W (Wanted to)—You did the activity because you wanted to.

N (Nothing else to do)—You were only doing this activity because you had nothing else to do.

P (For a purpose)—You wanted to do the activity to benefit your future or help meet a goal.

O (What others think)—You wanted to do the activity for what others would think of you.

In the "I felt" column, write the letter that best matches how you were feeling while you did the activity.

B (Bored)—You were bored with the activity.

I (Interested)—You were interested in what you were doing.

O (Other)—You experienced a different feeling than bored or interested.

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TimeWise Journal Page

Why?
 (H) Had to (W) Wanted to
 (N) Nothing else to do (P) For a purpose
 (O) What others think

How did you feel?
 (B) Bored
 (I) Interested
 (O) Other

Sample Page

Morning	Afternoon	Evening	Why?	How did you feel?
7:00 _____	12:15 _____	5:15 read magazine	W	I
7:15 _____	12:30 school	5:30 _____	HP	I
7:30 showered/dressed	12:45 _____	5:45 _____		
7:45 ate breakfast	1:00 _____	6:00 ate dinner	W	O
8:00 walked to school	1:15 _____	6:15 _____		
8:15 _____	1:30 _____	6:30 washed dishes	H	B
8:30 school	1:45 _____	6:45 other chores	H	O
8:45 _____	2:00 _____	7:00 talked on phone	W	I
9:00 _____	2:15 _____	7:15 _____		
9:15 _____	2:30 _____	7:30 homework	HP	BI
9:30 _____	2:45 _____	7:45 _____		
9:45 _____	3:00 walked home	8:00 _____	H	O
10:00 _____	3:15 _____	8:15 _____		
10:15 _____	3:30 practiced guitar	8:30 _____	WP	I
10:30 _____	3:45 _____	8:45 _____		
10:45 _____	4:00 _____	9:00 watched TV	N	B
11:00 _____	4:15 _____	9:15 _____		
11:15 _____	4:30 walked the dog	9:30 _____	HW	I
11:30 _____	4:45 _____	9:45 _____		
11:45 _____	5:00 _____	10:00 _____		
12:00 ate lunch with friends			WO	I

Day of Week Monday

TimeWise Journal Analysis

Directions: Review your *TimeWise Journal Pages* and answer the questions.

How many times did I do things
because I **had to**? _____

How did I **feel** about those activities?

How many times did I do things
because I **wanted to** do them? _____

How did I **feel** about those activities?

How many times did I do things
because I had **nothing else to do**? _____

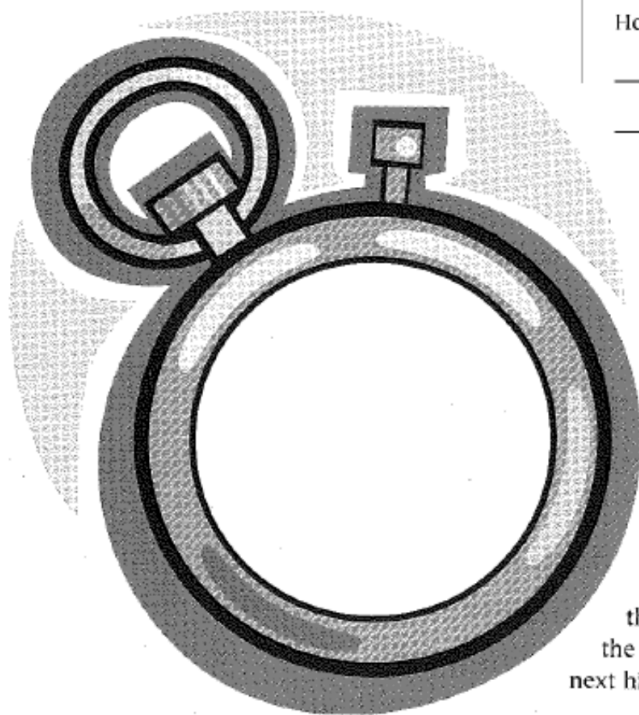
How did I **feel** about those activities?

How many times did I do things
for a purpose (to achieve a goal)? _____

How did I **feel** about those activities?

How many times did I do things
because of **what others might think**? _____

How did I **feel** about those activities?



My Motivation Pattern

Create a pie chart inside the stop watch that shows how much time you spend doing things for each reason (had to, wanted to, had nothing else to do, for a purpose or because of what others might think).

The biggest piece of the pie should go to the reason that has the highest number, the next biggest piece of the pie goes to the next highest number, and so on.