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## Charting Your Morning Hours

5AM	
5:30	
6AM	
6:30	
7AM	
7:30	
8AM	
8:30	
9AM	
9:30	
10AM	
10:30	
11AM	
11:30	

**Consider the following questions for each physical and/or mental activity you listed:**

**For whom or for what did you spend that time?**

**What did you feel about spending that time? (enjoyment, frustration satisfaction, etc.)**

**As you review how your time was spent, can you identify any time that you wish you had spent differently?**