

How we spend time – any other ideas?

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1. Time spent on what needs to be done.
or
Time spent on things I feel need not be done – at least not by me.
2. Time spent on things that are genuinely urgent.
or
Time spent on things that should be done after others – maybe those I least like.
3. Time that I control.
or
Time spent on tasks set for me.
4. Time spent on things I enjoy doing.
or
Time spent on activities that I do not enjoy.
5. Time spent on my own.
or
Time spent with others.
6. Time spent on routine things.
or
Time spent on tasks that are unanticipated, and rarely if ever before encountered.
7. Time spent on activities that are rich in learning.
or
Time spent on activities from which I can learn little or nothing.
8. Time spent on tasks that are productive and worthwhile
or
Time spent on tasks that are not worth doing.
9. Time spent on tasks done in a rush.
or
Time spent on tasks for which I feel well prepared and ready.
10. Time spent on things I can do well.
or
Time spent on things I struggle with, or that I need to learn to do better.
11. Time spent on activities within or near to my usual workplace.
or
Time spent away from where I normally work.
12. Time spent with people I enjoy and respect.
or
Time spent with people I would avoid given half the chance.