



# Time Black Holes

Identify what takes up your time. The following are common problems or time “black holes” that prevent us from getting things done. Which ones affect you? You could also observe yourself over the course of a day or two, and tally what you find in the last column.

	Big problem	Often a problem	Seldom a problem	Not a problem	Actual tally
Cell phone, texting					
Internet, email					
TV, video games					
Reading (news, magazines, books)					
Transportation (traffic, car trouble)					
Socializing, social media					
Meals, snacking					
Shopping, errands					
Family					
Organized, Unorganized					
Losing focus					
Sleep					
Hobbies					
Other:					

**Discuss**

Do your time black holes fall into any patterns? Are there things that at first appear uncontrollable, but that you can actually control? What can you do to reclaim your time from these black holes?

**What did you find? How can you manage your time differently?**

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