How to Adult – Page 5

# Get a Life

Complete the following timetable of your life using the following categories

* Sleeping
* Working
* Relaxing
* Socialising

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Hour | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 0000H |  |  |  |  |  |  |  |
| 0100H |  |  |  |  |  |  |  |
| 0200H |  |  |  |  |  |  |  |
| 0300H |  |  |  |  |  |  |  |
| 0400H |  |  |  |  |  |  |  |
| 0500H |  |  |  |  |  |  |  |
| 0600H |  |  |  |  |  |  |  |
| 0700H |  |  |  |  |  |  |  |
| 0800H |  |  |  |  |  |  |  |
| 0900H |  |  |  |  |  |  |  |
| 1000H |  |  |  |  |  |  |  |
| 1100H |  |  |  |  |  |  |  |
| 1200H |  |  |  |  |  |  |  |
| 1300H |  |  |  |  |  |  |  |
| 1400H |  |  |  |  |  |  |  |
| 1500H |  |  |  |  |  |  |  |
| 1600H |  |  |  |  |  |  |  |
| 1700H |  |  |  |  |  |  |  |
| 1800H |  |  |  |  |  |  |  |
| 1900H |  |  |  |  |  |  |  |
| 2000H |  |  |  |  |  |  |  |
| 2100H |  |  |  |  |  |  |  |
| 2200H |  |  |  |  |  |  |  |
| 2300H |  |  |  |  |  |  |  |

# Life Satisfaction

What do you think about:

* your work/life balance?
* your job?
* your accommodation?
* your food?
* your overall financial situation?