
Identify Your Time Wasters

Here is a simple activity sheet designed to help your student recognize "time wasters." Time wasters are those activities that can be eliminated in order to give students more time for important tasks, like homework or studying. You and your mentee can work on this exercise together. As he/she writes down the five or ten main time wasters, you can do the same. Mentees who eliminate just one time waster will gain more time in their day.

Things I Don't Need to Do Every Day

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____
