



2D (i): HOW MUCH TIME HAVE YOU PUT INTO YOURSELF?

If you sleep for 8 hours in a day, there are 16 hours remaining to learn and be productive each day (you may use some of that to go to school, to work or hobbies). How much of that time have you put into yourself? I mean REALLY put in to improving ourselves. You would be fortunate if you have focused 20 minutes a day on yourself. Let's find out shall we?

CALCULATE HOW MANY HOURS YOU SPEND ON YOURSELF:

1. Subtract seven from your age (eg: 39-7 = 32)

2. Take the number left over and multiply it by 365 (32 x 365 = 11,680)

3. Divide that number by three (11,680/3 = 3893)



WRITE YOUR NUMBER BELOW THEN LOOK AT THE NEXT SHEET: