If I only had more time, I would:

Activities I find conducive to "flow" (I am immersed in them):

The three least fulfilling activities in an average week:

The three most fulfilling activities in an average week:

Things I want to start doing, go back to doing, do more of:

I feel like I have \_\_\_no \_\_\_a little \_\_\_fair \_\_\_very good control over where my time goes

I think my biggest "time suck" is:

\*The "flow" experience: challenge of the right level, immediate feedback and a skill that can be mastered.

Fully immersed in a feeling of energized focus, full involvement, and success in the process of the activity. absorbed interest, a feeling of discovery, immersed pleasure, and time going very fast.