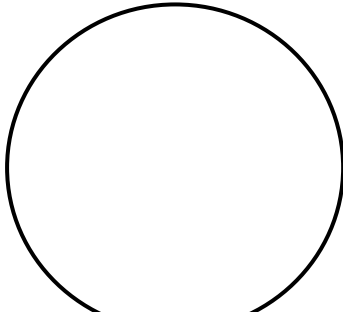


Bruger du din tid, som du ønsker dig?



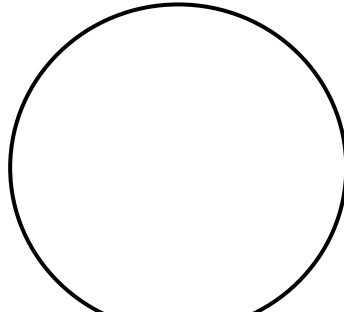
Hvordan prioriterer du din tid?

Hverdagslivet:



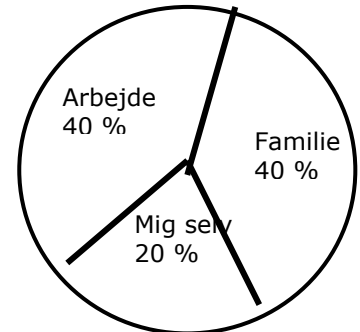
Fordeling i øjeblikket

("Mig selv" tid er den tid, du kan bruge for din egen skyld til fx at læse, ro, fordybelse...)

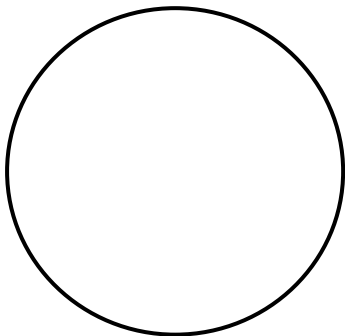


Ønsket fordeling

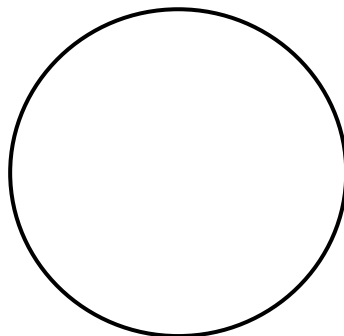
Eksempel hverdagslivet:



Arbejdet:

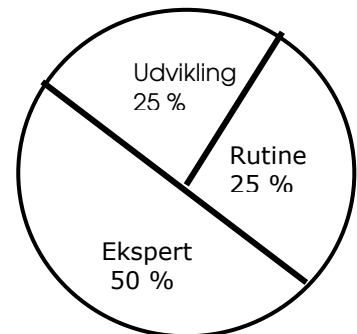


Fordeling i øjeblikket

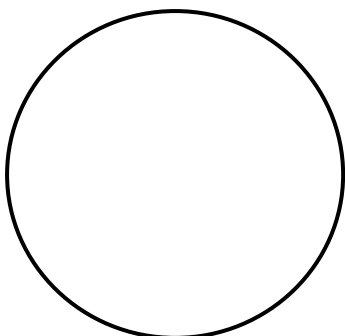


Ønsket fordeling

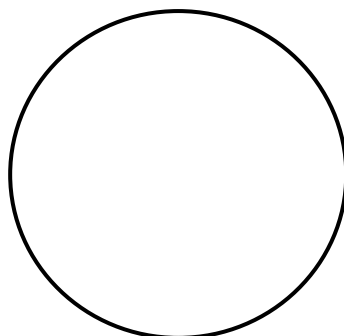
Eksempel arbejde:



Familien: (evt. fritiden)



Fordeling i øjeblikket



Ønsket fordeling

Eksempel

