



# Crazy Busy: Are We All in Too Much of a Hurry?

## Activity Sheet Creating A New Word

Directions:

Create a word that describes your life or an aspect of your life that you find to be a challenge. Don't forget to be creative.

Write your new word here:

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Write the definition of your new word here:

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Now write some words that others in your group came up with that also describe your crazy busy life.

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# Activity Sheet

## Taking a Closer Look at Your Schedule

### Directions:

Write down what you have done for the past 2 days during each time slot on the activity sheet. Then put a star in each box which contains something that **really matters** to you. Share your thoughts with others in the group.

6:00 - 8:00	6:00 - 8:00
8:00 - 10:00	8:00 - 10:00
10:00 - 12:00	10:00 - 12:00
12:00 - 2:00	12:00 - 2:00
2:00 - 4:00	2:00 - 4:00
4:00 - 6:00	4:00 - 6:00
6:00 - 8:00	6:00 - 8:00
8:00 - 10:00	8:00 - 10:00
10:00 - 12:00	10:00 - 12:00