

### Define Your Time for Your Career Search

Fill in the time per week you spend on the following tasks. Add it up and determine how much time you have to commit each week to your job search. Estimate or average as needed. Two "other" spaces have been provided for you. There are 168 hours in a week.

Work\* \_\_\_\_\_ +

Commute to/from work/other events \_\_\_\_\_ +

Meals (prep and eating) \_\_\_\_\_ +

Preparing for day (dressing, etc.) \_\_\_\_\_ +

Family time (children's activities, date nights, etc. Include driving time) \_\_\_\_\_ +

Class/professional development/studying \_\_\_\_\_ +

Chores/errands (Include drive time if applicable \_\_\_\_\_ +

Worship \_\_\_\_\_ +

Personal time (exercise, reading, hobbies, etc.) \_\_\_\_\_ +

Socializing \_\_\_\_\_ +

Sleep (include getting ready for bed) \_\_\_\_\_ +

Volunteer/community (Include driving time) \_\_\_\_\_ +

Other \_\_\_\_\_ +

Other \_\_\_\_\_ +

Total \_\_\_\_\_ +

Subtract your total from 168.

Hours left each week to

commit to your career search. \_\_\_\_\_ +

\*If you're currently unemployed, enter 0.

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