

# Chapter 9 Exercises

## 1. Time Sucks

Let's take some time to think about the time sucks that are most challenging to us, and brainstorm two ways we can cut down (or eliminate) that activity

Time Suck	Ways to Eliminate
Television	
Social Media	

## 2. Revisiting Fatherhood Goals

Based on the content in this chapter, let's take a minute to revisit our fatherhood goals from Chapter 3. Do you have anything to add or change? Any new ideas for building in time for renewal, hobbies, interests or spirituality? For eliminating time sucks?

Fatherhood goals
<u>6 month goals</u>
<u>3-Week "To-Dos"</u>
<u>1 Thing to Stop Doing</u>

## 3. Time Diaries

Like we did with work time, let's keep track of our non-work time use for a week. Where can we eliminate time sucks? Create time chunks? Keep our goals more realistic? Keep work from creeping in?

### Week of [Dates]

	Monday	Tuesday	Wednesday	Thursday	Friday
6					
7					
8					
9					
10					
11					
Saturday:					
Sunday:					

**4. Avoiding Technology**

Let's brainstorm a quick list of how we can avoid the constant temptation of connectivity through technology:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_