Reflection on Self and Time-Use

Self-Aspects

(ten ovals)

(start time)   ## Activity

5 AM _____

6 AM_____

7 AM_____

8 AM_____

9 AM _____

10 AM_____

11 AM_____

12 Noon_____

1 PM_____

2 PM_____

3 PM_____

4 PM_____

5 PM_____

6 PM_____

7 PM_____

8 PM_____

9 PM _____

10 PM_____

11 PM_____

Midnight_____

Step 1: Self-Aspect Elicitation Exercise

This exercise aims to help you identify the various roles or facets of your self-concept, known as self-aspects.

- Consider the different roles you have in your life. These could be related to your personal relationships, your profession, your hobbies, or any other dimension of your life.
- Write down these roles in the bubbles as simply and specifically as possible. You do not need to fill all the spaces for self-aspects.

Examples: parent, child, spouse, friend, student, teacher, employee, athlete, musician, artist, activist, spirituality/religion, life-long learner, nature lover, etc.

Step 2: Day Reconstruction Method

This exercise involves reconstructing your most recent day and mapping it to the self-aspects you've identified.

- Think about your most recent day as a series of scenes or episodes from a film
- Give each episode (activity) a brief name and record it approximately when the activity started. Circle the entire activity (even if it spans more than one hour).
- Link these activities to the self-aspects you identified in the previous step. Some activities might relate to more than one self-aspect. Draw a link from the activity to any self-aspect that was "activated" during that activity.This will visually represent your time use across different self-aspects.

Step 3: Observe and Reflect

Take a look at your network and observe how your day is divided among your self-aspects. Are there any self-aspects that are getting more of your time than others? Are there any that are not getting enough?

Questions to consider:
- How does this distribution of time align with my priorities?
- Are there self-aspects that I wish I could devote more time to? Which ones? Why?
- Do any of my self-aspects conflict with each other? How does that impact my day and my decisions?
- Is this a representative day for me? What would my network look like if I tracked data for a week?
- Does this suggest any change I might like to make in how I spend my time?