

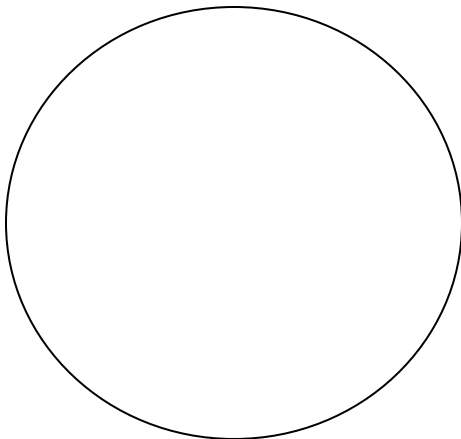
## The Time Pie

Break up your 24-hour day into wedges for the time periods your different activities require. There may be wedges for sleeping, working on a job, meeting with friends, talking on the phone, doing housework, watching TV, and so on.

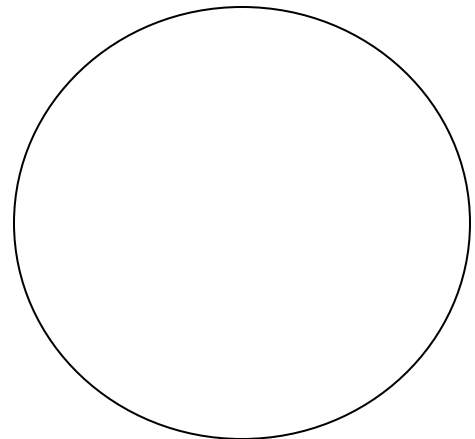
Now work on a pie that you would find more acceptable, given your pain level and what you are learning. Ask yourself the following questions and write down your answers:

1. How many hours of my day are devoted to meeting others' needs? \_\_\_\_\_
  2. Do all of these activities really need my involvement? \_\_\_\_\_
  3. What activities can I share with or assign to the person or persons who are currently requiring my time? \_\_\_\_\_
  4. What activities that I am not currently pursuing would I like to add to (or put back into) my routine? \_\_\_\_\_
  5. What steps can I take to make my present pie into a more acceptable pie? \_\_\_\_\_
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Use this space to draw your time pies, both your current one(s) and your ideal one: (you may need a different pie for weekends than weekdays, for instance)



Current



Future