



Soul Check: Where does the time go?

Count up the hours you spend doing stuff on “Your week on a sheet”.
How much time goes to each thing? (school, sports, church, etc...)

THE THING YOU DO

THE TIME YOU SPEND ON IT



Check-up time.

How are you doing?

Did you find any surprises?

How much sleep are you getting?

How much “quiet” do you get in a week? (time alone without friends or homework)

How much time with people who care about you?

What kind of space do you have in your week to pray, read scripture, go to church?

Anything you’d like to spend **more** time on?

Anything you’d like to spend **less** time on?

Is there anything missing from your week that you wish you could do?

Lent is 6 weeks long -- from Ash Wednesday to Easter Sunday.

What changes could you make for 6 weeks to help you connect with God each day?