

**Figure E.2: Daily Time Audit—Growth Check**

Start and End Times	Activity Description	How I Feel	Value (High, Medium, Low, Neutral)

Mind Tools Content Team. (n.d.). *Activity logs: Finding more time in your day*. Accessed at [https://mindtools.com/pages/article/newHTE\\_03.htm](https://mindtools.com/pages/article/newHTE_03.htm) on December 16, 2016.