# Competence Builder 1 - My Time Balance Wheel

Objective: Identify how you currently spend your time and whether it reflects your priorities.

Complete the Time Balance Wheel by estimating how much time and energy you currently invest in different areas of your life, such as:

- Work or studies
- Family
- Friends
- Physical health
- Sleep
- Hobbies
- Personal learning
- Relaxation

After completing the wheel, answer the following questions:

- Which area receives too much attention?
- Which area receives too little attention?
- What small change could improve my overall balance?

Materials needed: T14 (Time Balance Wheel worksheet)

Approximate duration: 20–25 minutes