1. How often do you skip daily exercise?
   ___________ Very often   ___________ Sometimes   ___________ Almost never

2. Are you getting enough sleep?
   ___________ Most of the time   ___________ Could use more

3. Do you drink enough water each day?
   ___________ I try to   ___________ I need to do better

4. How often do you find yourself relying on caffeine to get through the day?
   ___________ Very often   ___________ On occasion   ___________ Not often

5. How often do you skip breakfast and/or lunch and rely on junk food?
   ___________ Very often   ___________ Sometimes   ___________ Almost never

6. Do you schedule or partake in downtime activities each week?  Yes          No
   If yes, list your three favorite downtime activities.
   a) ___________   b) ___________   c) ___________

7. How would you rate your ability to delegate tasks to students in your classroom?
   ___________ Could be better   ___________ Really good

8. How would you rate your skill at saying “no” to doing things that you don’t care about or that will take
   time away from your primary teacher’s tasks?
   ___________ I’m good at it   ___________ I need to learn how to do it better

9. How well do you handle emotions like fear, sadness, or worry?
   ___________ I think I handle them well   ___________ I need to work on doing better

10. Are you a person who is curious about things and enjoys exploring new ideas, skills, and people?
    ______ Yes, that’s me!      ______ It depends on a variety of factors      ______ Not for me

11. How would you rate your skills in speaking up about events and issues that bother you at school?
    ______ Not good at this      _____ Need help to do this      _____ I seldom hesitate to express my opinions

12. How would you rate your sense of humor?
    ___________ Poor   ___________ Good   ___________ Excellent

13. How would you rate the quality of the social interactions and relationships you have at school, outside of
    school, and in life in general?
    School: _________ Excellent _________ Good _________ Fair _________ Not good at all
    Outside: _________ Excellent _________ Good _________ Fair _________ Not good at all
    Life: _________ Excellent _________ Good _________ Fair _________ Not good at all

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