

Habit Audit Assignment—Student Example

Week One (November 14-21)

Monday November 14: Wake up at 9, brush teeth, shower, eat, and go to class until 5. Come home, cook supper for my boyfriend and me, eat, and go to the gym. Return home from the gym, shower, watch TV, go in the hot tub, and go to bed around 12:30.

Tuesday November 15: Wake up at 7, brush teeth, shower, eat, and go to work until 5, and eat supper, go to class until 9. Get home at 9:20, study until 10, and go to bed around 10:20.

Wednesday November 16: Wake up at 9, brush teeth, shower, eat, and go to class until 5. 6Come home, cook supper for my boyfriend and me, eat, and go to the gym. Return home from the gym, shower, and study and do homework until 11:30, go to bed around 11:45. I fall asleep normally looking through Instagram or Facebook.

Thursday November 17: Wake up at 7, brush teeth, shower, eat, and go to work until 5, and eat supper, go to class until 9. Get home at 9:15, study until 11, eat a snack, and go to bed around 11:30. I fall asleep normally looking through Instagram or Facebook.

Friday November 18: Wake up at 5, brush teeth, shower, eat, and go to work until 3:30. After work, I go to the gym until 5. I get home, eat, and then I study until 8, then I watch an hour of TV, then I study again until 10. A lot of studying this week for my two tests next Monday. Bedtime! I fall asleep normally looking through Instagram or Facebook.

Saturday November 19: Finally I get to sleep in, and I wake up at 11. I get showered and dressed, and I go grocery shopping with my boyfriend. We get home around 12:30 and he puts the groceries away so I can continue studying. I study until 4, and then we go to his parent's house for supper. After supper, we go home, and get ready to go out with our friends. We go to a bar, and have a couple of drinks. We call a cab around 1:30 A.M and we go to bed around 2. I fall asleep normally looking through Instagram or Facebook.

Sunday November 20: We wake up at 10:30, and go to Cora's for brunch. We get home, and I study until 5 o'clock while Pat's watching football. We eat supper at 6, relax the rest of the night, catching up on our favorite show. We have an early night because I have two tests in the morning. We go to bed around 9:30. I fall asleep normally looking through Instagram or Facebook.

Monday November 21: Wake up at 9, brush teeth, shower, eat, and go to class and write two tests. Get home around 5:20, cook supper for my boyfriend and me, eat, and go to the gym. Return home from the gym, shower, watch TV, go in the hot tub, and go to bed around 10:30. I fall asleep normally looking through Instagram or Facebook.

All throughout the day I'm checking my phone

Reflection: According to how I spend my time, I clearly enjoy spending time with my boyfriend. I also enjoy getting all my work done ahead of time, so that when due dates roll around, I'm not stressed. One habit I wish I didn't have is sleeping in so late on the weekends, and going to bed late during the weekdays. Another habit I wish I could cut back on is checking my phone so much. I check it all the time, and it's definitely not healthy. I would especially like to cut back on the time spent on my phone before bed.

Selected virtue to strengthen: diligence

What practices will be done in the next two weeks: In the next two weeks, in order to strengthen my diligence, I will be putting my phone away while doing assignments for school, studying for tests, or while reading assigned articles. By doing this, I hope to increase my focus, which will hopefully allow me to gain more knowledge from my schoolwork. I will also be keeping a planner. A planner will help keep me organized and maintain diligence. I will write down all major exams and due dates for my classes for the rest of the semester. I will include allotted times for studying and stick to them. Finally, I will prioritize. I will push back things that are less important so I can focus on the most important tasks. Deadlines will be helping me determine what is important.

Week Two and Three (November 22- December 11)

Tuesday November 22: Today was the first day of strengthening my diligence. I put my phone away while I was working on my death and grieving readings and found I was able to take in a lot more information. I had French class at 6 and I kept my phone away for most of the time.

Wednesday November 23: Today I bought a planner and wrote in all my important dates in order or priority. Also put my phone away again while working on my death and grieving homework. Did not check my phone throughout classes today – found I was a lot more focused.

Thursday November 24: Today I worked on a major paper, and had my phone in another room – which I found to be very helpful. Instead of checking for texts every 30 minutes, I just grinded, and got a lot of my paper done. I had death and grieving tonight. I kept my phone on the table, but had it faced upside down. I only checked it when I wanted to know the time.

Friday November 25: Today I have no school, so I will hopefully be getting a lot of work done. I started my French homework for next week and with my phone put away I found I understood it a lot better, and I'll probably get a better mark on this homework.

Saturday November 26: Today is my rest day – I'm not going to be doing any work today. But I did put in my agenda that my room needed to be cleaned, so I will do that today after lunch.

Sunday November 27: Today my agenda says I have soccer at 7 until 9. This means I won't be able to do work after soccer, so whatever I plan to get done today, must be done before 6 o'clock.

Monday November 28: I had class all day today, I tried leaving my phone in my book bag, but I kept needing to check the time, so eventually I put it back on my desk in front of me.

Tuesday November 29: Today I worked on an assignment while on my lunch break and put my phone in another room. My lunch break is only one hour so I had to maximize my potential. I got a lot more done than I thought I was going to.

Wednesday November 30: I had class all day again today, and after class I went to the gym. I always have my phone on me while at the gym and normally I check my phone every once in a while, while working out. Today, I put my phone on airplane mode, so that while I was working out I could still listen to music but without the distraction of getting texts. Found my workout to be much better.

Thursday December 1: Today, I'm home sick from work. Not doing any work today.

Friday December 2: Still sick, doing some readings while in bed

Saturday December 3: Today I filled in my agenda for the week, as new things have been assigned. I am prioritizing things that will take the longest to do, and doing them first.

Sunday December 4: I have soccer today at 6, so I have to finish what I want to do today by 5. I'm going to work on my final paper for research methods, and work on my French.

Monday December 5: Last week of classes! Went to class all day today, kept my phone in my bag throughout all three classes. Didn't even feel the urge to check the time. I was a lot more focused and effective today.

Tuesday December 6: Worked from 6-4 today, then I went to the gym, then I went to class at 6-9.

Wednesday December 7: Today, I made the decision to leave my phone at home, while going to school from 10-5. At first, I had a bit of anxiety, and kept checking to see where my phone was. Overall, pretty successful day, I got a lot of work done.

Thursday December 8: Last day of classes!!! Wohoo!!! I only have one class today, Death and Grieving, and we are doing the Death Café today.

Friday December 9: Today I'm working from 6-4, after work, I went to the gym, and then spent the night with my mum and dad, we watched movies and relaxed before I needed to start studying for my exams.

Saturday December 10: Studying for my one and only exam today. I planned in my agenda to write my cue-cards for the exam today. That is all the studying I will do today.

Sunday December 11: Studying for my exam today. Now that all my cue cards are written, I will read them each once, and see what I remember.

Reflection

I definitely feel as though I was successful in changing what I had planned to change. Although it was only one week, I feel very proud of myself for that one day I left my phone at home. At first, I wasn't very successful with not using my phone, as I still had the urges to check it every so often. By the end of the three weeks, I definitely see an improvement in myself.

As for using an agenda to help keep me organized and maintain diligence, I think this was very successful as well. I wrote down all major exams and due dates for classes for the rest of the semester. Including allotted times for studying and actually sticking to them was not as hard as I thought.

Even though this extra credit assignment is finished, I'm going to continue working on my diligence, by watching my phone usage, using my agenda, and prioritizing tasks. I really enjoyed this extra credit assignment because it really did help me improve my diligence.