

## *How Long is This Going to Take?*

Write down your task. Then write down your best guess as to how long you think it will take you to do it. Start a timer and see how long it really takes you. Be sure to write it down your real time! Use this information to improve your sense of time and become a better planner.

<b>Task</b>	<b>My Guess</b>	<b>Reality Says</b>