NON-HUMAN RESOURCES

Select one non-human resource that is important to you. Write a one-page essay on how this resource improves your lifestyle.
UTILIZING RESOURCES

Identify three resources which are available to you which you could better utilize. Write a short paragraph for each resource and explain how you could better utilize it in the future.

RESOURCE #1: __________________________

HOW I COULD BETTER UTILIZE THIS RESOURCE: __________________________

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

RESOURCE #2: __________________________

HOW I COULD BETTER UTILIZE THIS RESOURCE: __________________________

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

RESOURCE #3: __________________________

HOW I COULD BETTER UTILIZE THIS RESOURCE: __________________________

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
TIME RECORD

On a separate piece of paper, keep a record of everything you do for 24 hours.
Categorize each activity, as explained below:

Red = sleep
Yellow = school (work & activities)
Blue = watching television/videos
Green = eating
Orange = doing a hobby
Purple = exercise/sports
Brown = other

How many hours were spent:
1. Sleeping: ________________
2. In school: ________________
3. Watching TV/videos: ______
4. Eating: ________________

What was the total free time (TV, videos, hobbies, etc.) you had during the day? ________________

Answer the following questions:
1. Are you getting all you want from your 24 hours?
2. Where are the weak spots in your use of time?
3. How could you improve your use of time?

REMINDER: For good health, we must be involved in a variety of activities. No one should work all the time, sleep all the time, or play all the time. Variety makes life more fun.
MONTHLY CALENDAR

Keep a monthly calendar. Evaluate the results of using a calendar and its helpfulness.
TO DO
Keep a to-do list every day for one week, prioritizing the jobs for each day. Write a short evaluation at the end of each day. Were you able to accomplish more than you normally do?

SUNDAY:


MONDAY:


TUESDAY:


WEDNESDAY:


THURSDAY:


FRIDAY:


SATURDAY:
INDIVIDUALIZED ACTIVITY
20 POINTS POSSIBLE

Name __________________________ Class ________________________

ADVERTISING

Analyze each of the advertisements your teacher has displayed. How does each advertisement influence you to purchase the product?

1. _____________________________________________________________

2. _____________________________________________________________

3. _____________________________________________________________

4. _____________________________________________________________

5. _____________________________________________________________

6. _____________________________________________________________

7. _____________________________________________________________

8. _____________________________________________________________

9. _____________________________________________________________

10. _____________________________________________________________
BUDGETING

Keep a record of all the money you receive, save and spend for a two-week period. Analyze your own spending habits.

<table>
<thead>
<tr>
<th>DATE</th>
<th>INCOME (AMOUNT)</th>
<th>HOW WAS THE MONEY SPENT?</th>
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TOTAL INCOME: ______________________________________________

TOTAL MONEY SPENT: _________________________________________

Answer the following questions:

1. Did you waste money? ________________________________________

2. How can you improve your personal spending habits? _____________

_________________________________________________________________
**PURCHASES**

List the last five items you have purchased. Next to each item, list a resource that you already have that could have been substituted for the purchase.

<table>
<thead>
<tr>
<th>ITEM PURCHASED</th>
<th>SUBSTITUTE RESOURCE</th>
<th>WOULD YOU BUY IT AGAIN?</th>
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<tbody>
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SAVING MONEY

Make a list of ways you could save money.

1. _____________________________
2. _____________________________
3. _____________________________
4. _____________________________
5. _____________________________
6. _____________________________
7. _____________________________
8. _____________________________
9. _____________________________
10. ____________________________
CLICHÉS

Select one of the following clichés and write an essay explaining your feelings about the saying.

1. "Waste not, want not."
2. "A penny saved is a penny earned."
3. "Save for a rainy day."
4. "Stay within your budget."
5. "You can only spend it once."
6. "A bird in the hand is worth two in the bush."
Name ____________________________  Class ____________________________  

PRICE COMPARISONS

As a class, identify the ten most commonly used items you purchase. List the items below. Visit one store and list the price of each item.

Name of store: ____________________________

<table>
<thead>
<tr>
<th>ITEMS</th>
<th>PRICE</th>
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On the chalkboard, list the prices from the different stores that were visited.

Which store is generally lower in price? ____________________________

Which store has the highest prices? ____________________________

Why do you think the prices are different at each store? ____________________________
MANAGEMENT GOALS

Select a goal in each of the three management areas: time, money and energy. Plan specific steps you need to take to achieve each goal. Work on your goals for two weeks. Evaluate your success in reaching your goals.

TIME GOAL: 

STEPS TO ACHIEVE THIS GOAL: 

EVALUATION: 

MONEY GOAL: 

STEPS TO ACHIEVE THIS GOAL: 

EVALUATION: 

ENERGY GOAL: 

STEPS TO ACHIEVE THIS GOAL: 

EVALUATION: 
FAMILY CALENDAR

Make a large family calendar. Correlate all family activities on the calendar for one month. Be prepared to discuss the results with the class.
STORAGE VISIT

Visit at least two stores you have never visited. You may visit an expensive specialty store, or a visit to the local thrift shop. Observe prices, advertising, and the atmosphere of different types of stores. Where are you more likely to spend your money?

NAME OF STORE: ________________________________

WHAT TYPE OF MERCHANDISE IS SOLD AT THIS STORE?

DID THIS STORE HAVE GOOD ADVERTISING?

WOULD YOU LIKE TO PURCHASE SOMETHING AT THIS STORE? WHY?

WHAT IS YOUR FAVORITE STORE? WHY?

NAME OF STORE: ________________________________

WHAT TYPE OF MERCHANDISE IS SOLD AT THIS STORE?

DID THIS STORE HAVE GOOD ADVERTISING?

WOULD YOU LIKE TO PURCHASE SOMETHING AT THIS STORE? WHY?

WHAT IS YOUR FAVORITE STORE? WHY?
PURCHASING GOAL

Identify an item you would like to purchase. You must compare prices at three different stores, then design a savings plan which will allow you to eventually make the purchase.

1. Item I would like to purchase: ________________________________

2. Prices of the item:

   NAME OF STORE | PRICE
   a. _________________ | ________________
   b. _________________ | ________________
   c. _________________ | ________________

3. How will I earn the money to purchase this item:

   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
WORK SIMPLIFICATION

Analyze your daily routine. Apply work simplification techniques to more efficiently accomplish daily tasks. List each task and how you modified the task to save time and energy.

DAILY TASKS:                  HOW I SIMPLIFIED THE TASK:

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
5. ____________________________
6. ____________________________
7. ____________________________
8. ____________________________
9. ____________________________
10. ____________________________