

HOW HAS YOUR LIFE CHANGED OVER THE LAST THREE YEARS?

1 Do you spend more or less time...?

Why?

- ☐ working or studying
- ☐ getting to work, university, or school
- ☐ sitting in traffic
- ☐ talking on the phone
- ☐ seeing friends
- ☐ online
- ☐ sleeping
- ☐ cooking
- ☐ shopping
- ☐ using your computer

