Meaning Assessment Chart (MHT Technique for Time Management)									
Month:		Week		1	2	3	4		
Meaning: 1	**Values**	**Sat**	**Sun**	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	Behavioural
	Honesty								
	Integrity								
	Respect								
	Responsibility								
	Compassion								
	Courage								
	Loyalty								
	Equality								
	Justice								
Meaning: 2	**Relationship**	**Sat**	**Sun**	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	Time Blocking
	Romantic								
	Friendship								
	Family								
	Proffessional								
	Spiritual								
	Neighbour								
	Achievements	**Sat**	**Sun**	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	TB
M: 3	Education								
	Career								
M:4	**Contributions**	**Sat**	**Sun**	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	
	Financial & Material								
	Time & Skill								
	Emotional & Social								
M:5	**Spirituality**								B
M:6	**Passions &Hobbies**								TB
M:7	**Personal Growth**	**Sat**	**Sun**	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	B
	Emotional Growth								
	Intellectual Growth								
	Physical Growth								
	Social Growth								
M:8	**Connection with Nature**								TB
M:9	**Creativity and Expression**								TB
M:10	**Joy & Gratitude**								B
M:11	**Challenges & Adversity**								B
M:12	**Legacy and Impact**								TB
M:13	**Connection to a Community**								TB
M:14	**Moral & Ethical Principle**								B
M:15	**Mindfulness and Presence**								B