How long does it really take?

Testing your predictions about time and effort.

Name _____ Date _____

We put things off when we expect them to be long and awful. We over-work when we expect anything less than hours to be inadequate. Both are predictions, and both can be checked.

Task	Predicted time	Actual time	Predicted difficulty (0 to 10)	Actual difficulty	What I noticed

Do I tend to over-estimate or under-estimate?

What does that mean for how I plan and start things?

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