Simon's example:

How do I spend my time?	What does it involve?	Why is it important to me? What do I get from it?
Family	Husband, father, brother, uncle	
Colleague	Leader, team member, carer, mental health practitioner	
Community member	Volunteer, helper, doing things for others, learning	
Fitness and leisure	Football, finding time, friends	

Your example:

How do I spend my time?	What does it involve?	Why is it important to me? What do I get from it?