

## SETTING PRIORITIES

1. Place your responsibilities, activities and lifestyle interests in the chart below.

For example, below the heading "School" you could write homework, studying, extra-curricular, etc.

2. Use a check mark to show if the activity needs your money, time, energy or pressure.

For example if you wrote, "Homework", you may have check marks under 'time' and 'energy.'

3. After you enter all your responsibilities, you will be able to see your priorities clearly.

This will give you a realistic view of the areas where you need to cut back.

It will also show you the areas where you can afford to take on more.

My Priorities	Money	Time	Energy	Pressure
<b>Home/Family</b>				
<b>School</b>				
<b>Religion/Culture</b>				
<b>Work</b>				
<b>Sports/Exercise</b>				
<b>Time Alone</b>				
<b>Friends</b>				
<b>Fun</b>				
<b>Other Interests</b>				