

What are your priorities?

Use the "How do you spend your time?" list from the previous page to determine your rock, pebble, and water priorities.

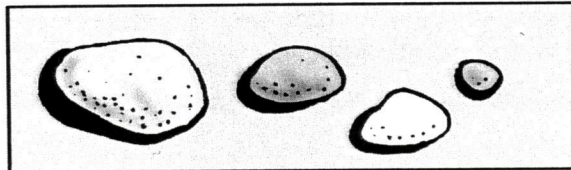


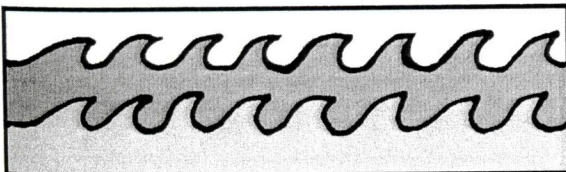
My "Rock" Priorities are:

(Things you have to do such as school, homework, chores, family responsibilities, church/synagogue, etc.)

My "Pebble" Priorities are:

(Things you enjoy doing and for which you want to make time such as sports, friends, specific TV shows, etc.)





My "Water" Priorities are:

(Things you enjoy doing but do not feel the need to schedule, such as watching general TV shows, instant messaging, etc.)

chapter 3

Establish Your Priorities

Identify Your Goals

Schedule Time to Take Action

Now that you have analyzed your priorities, you can determine what you would like to accomplish. Maybe you would like to get better grades, have more free time, or make the varsity basketball team.

Anything is possible if you make plans for what you want to accomplish by setting goals.

Helpful Hint

One of your priorities should benefit your health. Examples include goals related to sports/physical fitness, healthy eating, and getting enough sleep.

Step 1: Identify Your Top Priorities

Choose three significant priorities from the previous page and record them below. To maintain a healthy balance in your life, make sure at least one priority is for school or homework (which should be listed as a rock priority), and one priority is from your pebble category. The third priority can be from either the rock or pebble category.



priority

1

Rock Priority—School/Homework

priority

2

Pebble Priority

priority

3

Rock or Pebble Priority

Step 2: Turn Your Priorities Into Goals

Turn your priorities from the previous page into goals by answering the following questions.

priority

1

Rock Priority—School/Homework

How do you want to improve in this aspect of your life?
What would you like to accomplish?

priority

2

Pebble Priority

How do you want to improve in this aspect of your life?
What would you like to accomplish?

priority

3

Rock or Pebble Priority

How do you want to improve in this aspect of your life?
What would you like to accomplish?

