

Identify and/or Prioritize Life Issues

Either: Broad categories (home, children career, marriage, etc.)

Or: Choose one of the categories to identify and to discover what needs to be done and in what order.

A. List items you'd like to prioritize in the blanks below.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

- D. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

B. Looking at the numbers below and referring to the list above, ask your-self, "Is the item listed on line number 1 more important than number 2?" Then cross out the number of the priority that is least important below. Example: If number 1 priority listed above is more important than number 2 cross out number 2 below. Continue comparing through the whole list above, mark your preferences below.

- | | | | | | | | | |
|------|------|------|------|------|------|------|------|------|
| 1/2 | 1/3 | 1/4 | 1/5 | 1/6 | 1/7 | 1/8 | 1/9 | 1/10 |
| 2/3 | 2/4 | 2/5 | 2/6 | 2/7 | 2/8 | 2/9 | 2/10 | |
| 3/4 | 3/5 | 3/6 | 3/7 | 3/8 | 3/9 | 3/10 | | |
| 4/5 | 4/6 | 4/7 | 4/8 | 4/9 | 4/10 | | | |
| 5/6 | 5/7 | 5/8 | 5/9 | 5/10 | | | | |
| 6/7 | 6/8 | 6/9 | 6/10 | | | | | |
| 7/8 | 7/9 | 7/10 | | | | | | |
| 8/9 | 8/10 | | | | | | | |
| 9/10 | | | | | | | | |

C. To score: count the total number of ones. Write that number in section D above opposite the priority written on line one; do the same with twos, and so on. From the D list find the highest number and write the priority it represents on line one below in section E. Continue until your list of priorities is complete.

E.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |