

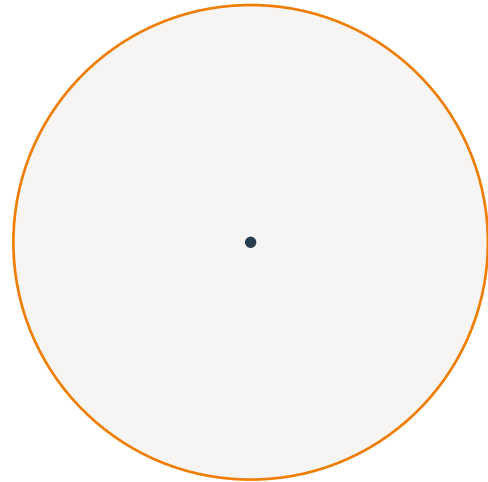


Worksheet Life Priorities



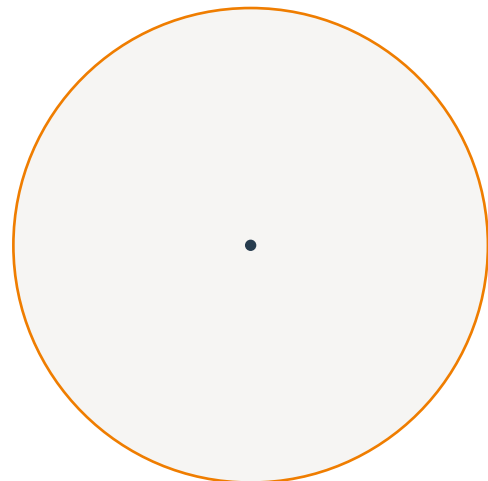
Current estimated hours spent on:

Work:	
Family:	
Personal:	
Necessary tasks:	
Sleep:	



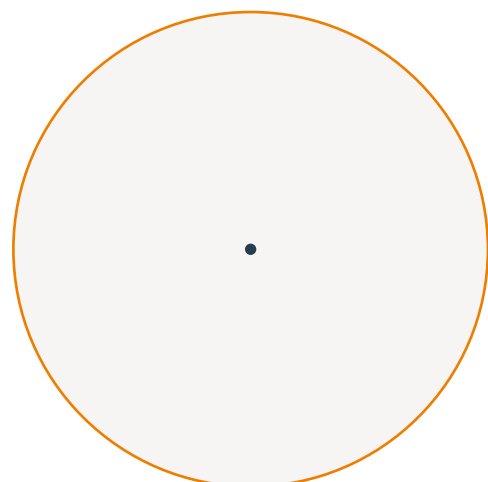
Ideal situation hours spent on:

Work:	
Family:	
Personal:	
Necessary tasks:	
Sleep:	



Actual current hours spent on:

Work:	
Family:	
Personal:	
Necessary tasks:	
Sleep:	





Worksheet Life Priorities



My Typical Week

Enter the number of hours spent on each area of your life, per day and write in the totals at the end of the week.

	Work	Family	Personal	Necessary Tasks	Sleep
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
TOTAL					