

# Balancing Your Priorities

First, indicate how much time you *now* spend on each of these areas. Next, decide on the amount of time you would ideally spend (your goal). Then decide how you can achieve your goal.

|                          | NOW              | GOAL  | How will you move towards your goal? |
|--------------------------|------------------|-------|--------------------------------------|
| <b>WORK</b>              | (hours per week) |       |                                      |
| Time on job/@ school     | _____            | _____ | _____                                |
| Bringing work home       | _____            | _____ | _____                                |
| Commuting                | _____            | _____ | _____                                |
| <b>PERSONAL</b>          |                  |       |                                      |
| Exercise                 | _____            | _____ | _____                                |
| Television               | _____            | _____ | _____                                |
| Computer/video games     | _____            | _____ | _____                                |
| Hobby/Recreation         | _____            | _____ | _____                                |
| Reading                  | _____            | _____ | _____                                |
| Friends                  | _____            | _____ | _____                                |
| Religious Activity       | _____            | _____ | _____                                |
| Volunteering             | _____            | _____ | _____                                |
| Sleep                    | _____            | _____ | _____                                |
| <b>MARRIAGE (couple)</b> |                  |       |                                      |
| At home together         | _____            | _____ | _____                                |
| Activities               | _____            | _____ | _____                                |
| Discussions              | _____            | _____ | _____                                |
| <b>HOME</b>              |                  |       |                                      |
| Cleaning                 | _____            | _____ | _____                                |
| Cooking                  | _____            | _____ | _____                                |
| Grocery Shopping         | _____            | _____ | _____                                |
| Errands                  | _____            | _____ | _____                                |
| Yard Work                | _____            | _____ | _____                                |
| Home Maintenance         | _____            | _____ | _____                                |
| <b>FAMILY</b>            |                  |       |                                      |
| # of meals together      | _____            | _____ | _____                                |
| Family Activities        | _____            | _____ | _____                                |
| Transporting kids        | _____            | _____ | _____                                |
| Helping with homework    | _____            | _____ | _____                                |
| At home together         | _____            | _____ | _____                                |