**Naming Your Priorities**

*Take a few minutes to reflect on your life, goals, and aspirations…*

**Then make a list below (in no particular order) of your current commitments and obligations.** These may include academics, family, job(s), service, athletic team, social life, leadership position(s), physical wellness, emotional and spiritual wellness, etc.

**Now circle your top three or four priorities, and re-write them in order of priority below.** Keep in mind that choosing to prioritize something lower doesn’t mean that you don’t think it’s important, just that you recognize that currently it’s necessary to give other things more time and attention.

1-

2-

3-

**Consider these questions:**

* To what degree does your use of time reflect your top priorities listed above?
* How would your use of time be different if it reflected these priorities?

**Getting Real(istic)**

What are your reasons for enrolling in classes this semester? What goal(s) are motivating you?

List your most significant time and energy commitments.

List the people and relationships on which you spend most of your time and energy.

*Based on the priorities you identified on the reverse, distribute the items in the two lists above in the columns below.*

|  |
| --- |
| **In order to honor my priorities at this time…** |
| I will reduce or eliminate: | I will continue or enhance: |
|  |  |

Based on the analysis above, I will take the following actions: