

Worksheet: Establishing Your Priorities

	Low	Moderate	High	<i>Rank</i>
1. Nutrition	_____	_____	_____	_____
1a. Weight Control	_____	_____	_____	_____
2. Sleep and Rest	_____	_____	_____	_____
3. Physical Fitness	_____	_____	_____	_____
4. Avoid Harmful Habits	_____	_____	_____	_____
List habits separately:				
4a. _____	_____	_____	_____	_____
4b. _____	_____	_____	_____	_____
4c. _____	_____	_____	_____	_____
5. Social Support	_____	_____	_____	_____
6. Sexuality	_____	_____	_____	_____
7. Relax and Reduce Tension	_____	_____	_____	_____
8a. Negative Emotions	_____	_____	_____	_____
8b. External Life Stresses	_____	_____	_____	_____
8c. Internal Issues	_____	_____	_____	_____
9. Environmental Safety	_____	_____	_____	_____
10. Meaning	_____	_____	_____	_____