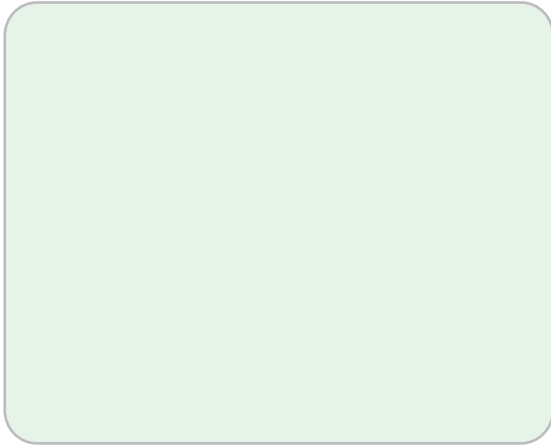


Establishing Priorities

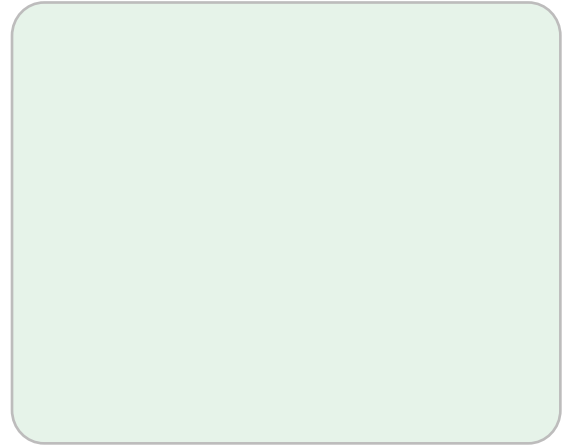
We spend some of our available energy on work and daily tasks, but should reserve at least 25% for keeping ourselves healthy, psychologically well, and able to care for our children with patience and compassion

Life areas I feel are priorities:



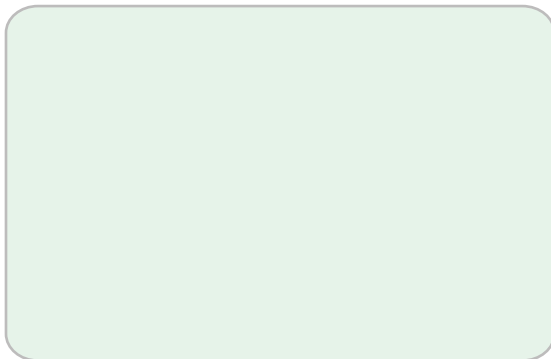
Things that make these difficult to do:

Areas I could put on hold:



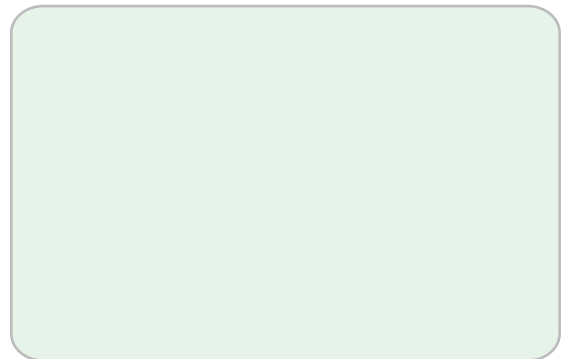
What might make this difficult to do:

Ways I can best take care of myself:



What might make these difficult to do:

Activities that are meaningful to me:



What might make these difficult to do:
