

Exercise 5a: My Priorities Matter

To better understand how to align our activities with our values, let us consider how we spend our time and develop a strategy for achieving our goals.

Directions: In the boxes below,

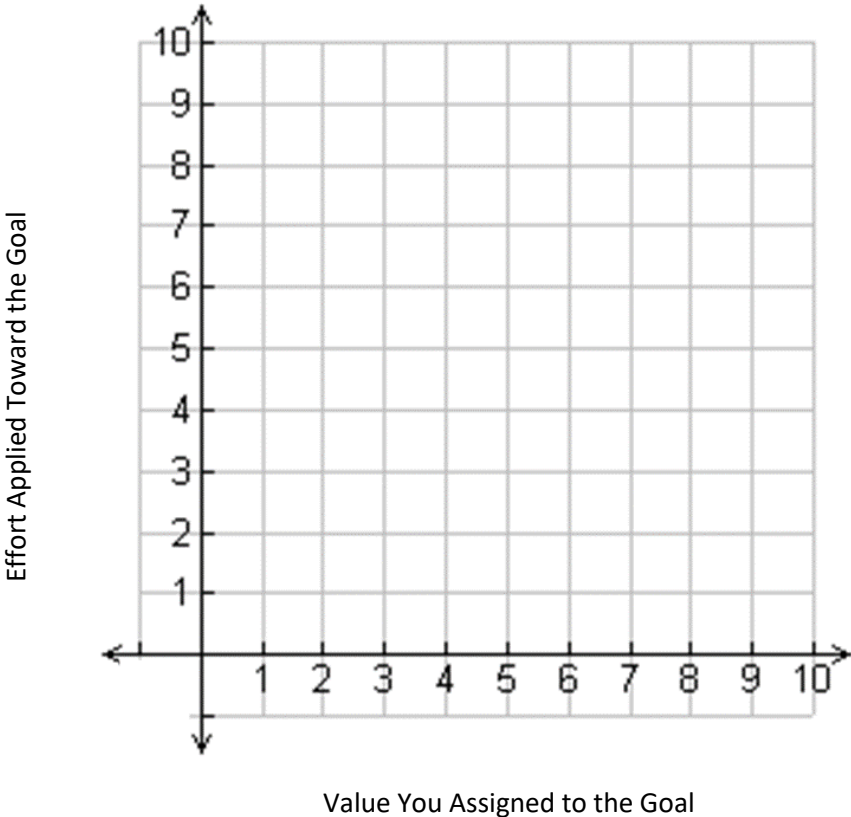
1. Write down 5 of your roles and goals you have for that role.
2. In the space for "Value" write a number between 1 and 10. 1 indicates the goal holds a low value to you. 10 indicates the goal holds high value.
3. In the space for "Effort" write a number between 1 and 10. 1 indicates that you put little effort towards that goal. 10 indicates you give it your best effort.
4. Write a list of actions you can do that will help you achieve that goal.

	Role:	Role:	Role:	Role:	Role:
	Goal:	Goal:	Goal:	Goal:	Goal:
	Value:	Value:	Value:	Value:	Value:
	Effort:	Effort:	Effort:	Effort:	Effort:
Actions you can do to pursue that goal.					

Exercise 5b: My Priorities Matter - Visualizing Priorities

Directions:

1. Mark a dot on the graph using the numbers you entered for "Value" and "Effort" for each of your roles. Start by placing your pencil on the number you used for "Value" and then move your pencil up to the line for the number entered for "Effort." After you mark the dot, label the dot with the corresponding goal.
2. After you have finished plotting all dots, look at your graph. Are any of your higher value goals getting too little of your effort? "Circle the dots that represent the goals you would like to give more priority.

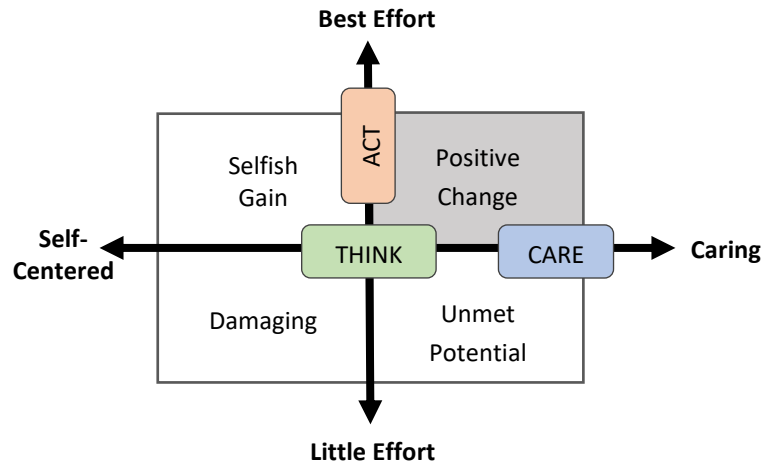


Exercise 5c: My Priorities Matter - Evaluating Activities

Directions:

Consider how our effort and attitude combine to maximize our potential to help drive Positive Change (See image on the right)

Then, evaluate the activities you listed in Exercise 5a using BEST WORST Exercise and the questions below. Put a star next to the activities you want to prioritize.



My Best and Worst Exercise

1. Does the activity help me develop the courage and self-respect it takes to acknowledge when I am at my WORST?

3. Is there any activity that can bring out my WORST that I can limit or avoid?

<p>2. At my WORST I am...</p> <ul style="list-style-type: none"> <input type="checkbox"/> a bad listener <input type="checkbox"/> annoying, irritating <input type="checkbox"/> argumentative <input type="checkbox"/> boastful <input type="checkbox"/> bossy, demanding <input type="checkbox"/> defensive <input type="checkbox"/> disrespectful <input type="checkbox"/> envious <input type="checkbox"/> greedy <input type="checkbox"/> harsh, rude, sassy <input type="checkbox"/> impatient, easily angered <input type="checkbox"/> inconsiderate <input type="checkbox"/> insecure <input type="checkbox"/> irresponsible <input type="checkbox"/> lazy <input type="checkbox"/> judgmental, critical <input type="checkbox"/> self-centered, selfish <input type="checkbox"/> uncooperative <input type="checkbox"/> ungrateful, whiney <input type="checkbox"/> other _____ <p style="text-align: center; background-color: red; color: white; padding: 5px;">WORST</p>	<p>1. At my BEST I am...</p> <ul style="list-style-type: none"> <input type="checkbox"/> a good communicator <input type="checkbox"/> a good leader <input type="checkbox"/> a good listener <input type="checkbox"/> accepting <input type="checkbox"/> adventurous <input type="checkbox"/> confident <input type="checkbox"/> cooperative <input type="checkbox"/> diligent, hard-working <input type="checkbox"/> encouraging <input type="checkbox"/> focused <input type="checkbox"/> forgiving, gracious <input type="checkbox"/> funny, humorous <input type="checkbox"/> generous <input type="checkbox"/> gentle, calm <input type="checkbox"/> grateful <input type="checkbox"/> helpful <input type="checkbox"/> humble <input type="checkbox"/> joyful, hopeful <input type="checkbox"/> kind <input type="checkbox"/> persistent <input type="checkbox"/> respectful <input type="checkbox"/> sincere, honest <input type="checkbox"/> supportive <input type="checkbox"/> trustworthy, loyal <input type="checkbox"/> warm, friendly <input type="checkbox"/> other _____ <p style="text-align: center; background-color: green; color: white; padding: 5px;">BEST</p>
<p>4. Situations that Can Bring Out My WORST</p> <ul style="list-style-type: none"> <input type="checkbox"/> being tired <input type="checkbox"/> being hungry <input type="checkbox"/> being bored <input type="checkbox"/> being busy <input type="checkbox"/> being distracted <input type="checkbox"/> being overwhelmed <input type="checkbox"/> negative peer pressure <input type="checkbox"/> busyness, too much activity <input type="checkbox"/> when others disagree with my ideas <input type="checkbox"/> being criticized <input type="checkbox"/> not getting my own way <input type="checkbox"/> when I focus on winning the approval of others <input type="checkbox"/> too much unhealthy food or lack of exercise <input type="checkbox"/> being distracted by music, phones, media or computers <input type="checkbox"/> other _____ <p style="text-align: center; background-color: red; color: white; padding: 5px;">Brings out my WORST</p>	<p>3. Situations that Bring Out My BEST</p> <ul style="list-style-type: none"> <input type="checkbox"/> getting enough rest <input type="checkbox"/> good nutrition <input type="checkbox"/> exercise <input type="checkbox"/> receiving constructive feedback <input type="checkbox"/> having someone listen to me <input type="checkbox"/> being around positive people <input type="checkbox"/> getting a hug <input type="checkbox"/> hearing inspiring stories <input type="checkbox"/> challenging opportunities <input type="checkbox"/> being prepared <input type="checkbox"/> other _____ <p style="text-align: center; background-color: green; color: white; padding: 5px;">Brings out my BEST</p>

2. Does the activity help me to be my BEST by empowering me to:

- THINK CARE ACT with intention
- Build supportive relationships
- Maintain balance between being challenged and getting rest? Helping myself vs helping others? Helping at home vs in the community?

In a Small Group

1. Share what you learned from exploring how you spend your time in Exercises 5a, 5b, and 5c.
2. Consider how our INWARD attitude and beliefs affect our choices regarding school, family life, drugs, body image, media consumption and more. Discuss why you think it is important to prioritize activities that empower you to THINK CARE ACT with positive intention, build supportive relationships, and maintain balance.
3. Consider how "Your time is limited." Then give each person the option of sharing what are they are willing to do to this week to improve how they THINK- Learn-Evaluate CARE- Hope- Aim ACT- Improve-Engage.