

Does Your Use Of Time Reflect Your Life's Priorities?

What are the areas that are most important to you in your life? (e.g. grades; friends; family...) PICK YOUR TOP 3-5 PRIORITIES AND RANK THEM BELOW	Now, RANK THEM IN ORDER OF THE TIME YOU SPEND ON THEM (so, whatever normally takes the most time in your schedule is #1, etc.)
1.	
2.	
3.	
4.	
5.	
Others?	

Are there discrepancies between the two columns? Are there priorities you've identified that you simply never have time to fit into your schedule? What can you do about this? How can you better align your use of time to reflect *your* priorities?

Note: Sometimes important priorities do need to be neglected in the short term, to achieve other important goals - e.g., at end of term/ exam time, you may not have much time for socializing or favourite hobbies for a few weeks. But if you feel your use of time *never* reflects your own priorities then you need to ask yourself why and do something about it.