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FORM 10.5

List of Priorities

Directions: It's important to know what is important and what isn't. If you are like a lot of people, you are wasting valuable time on low-priority behaviors. This can include surfing the Internet, ruminating and worrying, watching television, or engaging in other activities that may not be that relevant to your important goals. The first thing to do is identify what is of importance. Using the following table, list activities that are of highest, medium, and lowest priority.

Highest priority	Medium priority	Lowest priority