

# Identify Your Priorities

Think about the pursuits listed below in terms of their importance to you.

Task #1: Rate each pursuit (in the left hand column) based on the following scale:

1=high priority 2=medium priority 3= low priority

All pursuits should not have the same ranking. Try to rank at most 6 or 7 pursuits as high priority.

Rank	Estimate Hours	Actual Hours
___ Class attendance	___	___
___ Required reading for class	___	___
___ Studying	___	___
___ Homework assignments	___	___
___ Group meetings (course related)	___	___
___ Relaxation	___	___
___ Volunteer service	___	___
___ Exercise	___	___
___ Clubs/organizations	___	___
___ Hobbies	___	___
___ Social activities	___	___
___ Time with girlfriend/boyfriend	___	___
___ Time with family	___	___
___ Non-required reading	___	___
___ Working at a job	___	___
___ Religious activities	___	___
___ Home chores	___	___
___ Sleeping	___	___
___ Eating	___	___
___ Phone calls	___	___
___ Other: _____	___	___
	<b>Total:</b>	___

Task #2: Under “Estimated Hours,” record the amount of time per week you believe you spend at this pursuit.

Task #3: Monitor the actual time you spend at each pursuit over the course of one week, and record the total figures under “Actual Hours.” Compare your estimates with the actual figures. Are there any important differences? If so, how do you explain them?



Mental Health Services

Colonial  
Health Center

**Marvin Center, Ground Floor**

800 21st Street, NW  
Washington, DC 20052

(202) 994-5300

counsel@gwu.edu

counselingcenter.gwu.edu