

Reality Check (Sample)

(List of Priorities)

First list your priorities based on how you spend your time. Make a second list based on how you *should* be spending your time. Then compare the lists and determine how you might make the first fall more in line with the second. Also, be sure to hang the second list in a place you will see and be reminded of daily. Then plan your weekly and daily schedules based on this.

Relationship with God

1. Bible: Read 3-4 pages each day
2. Prayer: When get up, before each meal, when go to bed, & in between
3. Creative Writing: 30 minutes each day
4. Church: Attend each week
5. Bible Study Fellowship (BSF): Attend each week & study each day (Sept – May)

Maintaining Excellent Health

1. Sleep: 7.5 to 8 hours a day (Example: bed by 10 and up by 6 or 6:30)
2. Food: 3 balanced meals & snack per day (don't wait 'til starving or eat 'til full)
3. Exercise: Alternate each day: Arms, legs, back/neck, abs, cardio, & rest

Family and Friends

1. Family Time: At least 1 to 2 hours a day, dinner together whenever possible
2. Date Night: Once a week (Friday or Saturday)
3. Lunch with family: after Church
4. Night with the guys: Once every week or so

Helping Others

1. Cash Contributions: A portion of my income (Sponsoring a child, give to church, the poor, & elsewhere)
2. Donating Blood (Red Blood Cells): Every 4 months
3. Volunteering/Mentoring: Once a week on Wednesday night

Earning a Living

1. Phoning: set appointments and team meetings
2. Team meetings, 1-on-1's, service calls, appointments, & call backs

Are my actions in line with my priorities?

