

Identify, Quantify and Prioritize Your Goals



Identify your goals	Quantify your goals by time and value	Prioritize your goals (Most to least important)
1.	Time: Value:	<div style="text-align: center;"> <p>MOST</p> <input style="width: 40px; height: 40px; border: 1px solid #00aaff;" type="checkbox"/> </div> <div style="text-align: center;"> <p>↓</p> </div> <div style="text-align: center;"> <input style="width: 40px; height: 40px; border: 1px solid #00aaff;" type="checkbox"/> </div> <div style="text-align: center;"> <p>↓</p> </div> <div style="text-align: center;"> <input style="width: 40px; height: 40px; border: 1px solid #00aaff;" type="checkbox"/> </div> <div style="text-align: center;"> <p>↓</p> </div> <div style="text-align: center;"> <input style="width: 40px; height: 40px; border: 1px solid #00aaff;" type="checkbox"/> </div> <div style="text-align: center;"> <p>↓</p> </div> <div style="text-align: center;"> <input style="width: 40px; height: 40px; border: 1px solid #00aaff;" type="checkbox"/> </div> <div style="text-align: center;"> <p>↓</p> </div> <div style="text-align: center;"> <input style="width: 40px; height: 40px; border: 1px solid #00aaff;" type="checkbox"/> </div> <p>LEAST</p>
2.	Time: Value:	
3.	Time: Value:	
4.	Time: Value:	
5.	Time: Value:	