

Name: _____ Date: _____

Putting First Things First

1. TSSESR _____
2. NALCAEB _____
3. GNPIANNL _____
4. STASK _____
5. NTAAQRUD 2 _____
6. TPRIATSCNOAER _____
7. ASY ON _____
8. LGAOS _____
9. BIG SKOCR _____
10. ITELTL OCRKS _____
11. SISNIOM _____
12. ERZPTIIIRO _____
13. TUMPAOTNRIN _____
14. POINRATMT _____
15. FOWLLO UOGRHHT _____
16. EGTURN _____
17. TOUNRNNGE _____
18. RCSISI _____
19. NLISDAEED _____
20. SIOLCA AEDMI _____
21. MALENT HAEHLT _____
22. ISHPLAYC HHLETA _____
23. AGDNAE _____
24. NONEQUECCSES _____
25. NOVIOMTTIA _____
26. AHMOCNEPICTMSL _____

Word Bank

PRIORITIZE

TASKS

BALANCE

QUADRANT 2

CONSEQUENCES

CRISIS

URGENT

MENTAL HEALTH

MISSION
MOTIVATION
PLANNING
STRESS
DEADLINES

FOLLOW THROUGH
NONURGENT
SAY NO
SOCIAL MEDIA
ACCOMPLISHMENT

AGENDA
PHYSICAL HEALTH
LITTLE ROCKS
UNIMPORTANT

GOALS
PROCRASTINATE
BIG ROCKS
IMPORTANT