

Food Safety and Inspection Service  
**Wellness Training Program**

**Worksheet Twelve: Priority Balance Sheet**

**Instructions:**

Print out this worksheet and then use the key below to decide whether you are making a low, moderate, or high energy commitment to the major priorities of your life. After completing all the items in the first column, proceed to the "Level of Importance" column, and decide whether you want to make each item a low, moderate, or high priority. Your priorities may change between the Energy Spent Now and the Level of Importance that you assign to each of life's major priorities.

**KEY: Low (L) Moderate (M) High (H)**



<b>Major Priorities</b>	<b>Energy Spent Now</b>	<b>Level of Importance</b>
Exercise	_____	_____
Nutrition	_____	_____
Family	_____	_____
Friends	_____	_____
Significant other/Spouse	_____	_____
Time alone	_____	_____
Recreation	_____	_____
Hobbies	_____	_____
Work	_____	_____
Community involvement	_____	_____
Spiritual involvement	_____	_____
Other(s)	_____	_____
	_____	_____



Were you surprised to find that some of the major priorities in your life do not get very much of your energy? Does this give you any ideas about things that you want to change in your life? Many times the "squeaky wheel gets the grease," even when it is a low priority item.