Activity Selection

Identify ten activities that are important to you - activities that would make your life richer or more meaningful (you could use the values worksheet to help you do this). Write ten activities on this form. Then rank each activity according to how difficult it would be to accomplish where 1 is the easiest and 10 is the hardest.

Activity	Rating 1 = least difficult to accomplish 2 = most difficult to accomplish

Christian Therapist On Demand