

## 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.

<b>Activity</b>	<b>Rating</b> 1 = least difficult to accomplish 10 = most difficult to accomplish