

Prioritizing Time

In their video, A Year of Dates, Brad and Kristi address the fact that after 13-and-a-half years of marriage and two small children, they just don't seem to make as much time for dates and one-on-one time as they used to. They then discuss the importance of spending time on things that are most important. Let's take a look at how you spend your time...

Activity	Estimate the amount of time you spend on this activity on an average day	Rate the activity's importance on a scale of 1-3 1 = "not very important" 3 = "very important"
EG. SLEEPING	8 HOURS	3
ne change I can make to help r	ne achieve my goal more effectively:	