

Cindy Downes Seminar — Handout

PRIORITIES INVENTORY

To get a true picture of your priorities, keep track of the time spend on the following activities over a period of seven days. Write the total in the blank. When completed, analyze your week and decide where you need to make changes. Then make the changes!

PERSONAL RELATIONSHIP WITH GOD

Average hours per week spent on personal Bible reading and prayer _____

Average hours per week spent attending church (not volunteering time) _____

HUSBAND

Average hours per week spent *alone* with your husband (awake!) _____

FAMILY

Average hours per week *enjoying* your children (talking, playing, not school) _____

Average hours per week shopping for your family's needs (groceries, clothes...) _____

Average hours per week taking care of family's needs (housework, cooking, iron...) _____

JOB—HOMESCHOOLING

Average hours per week planning homeschool, reading about, or in workshops _____

Average hours per week shopping for homeschool supplies _____

Average hours per week spent in actual teaching time _____

Average hours per week spent traveling to extracurricular activities and classes _____

VOLUNTEERING/OUTREACH IN THE COMMUNITY

Average hours per week spent volunteering at church (not attending church time) _____

Average hours per week spent volunteering at other ministries or in the community _____

PERSONAL TIME

Average hours per week spent in hobbies, fitness, or other recreation. _____

Average hours per week spent reading, watching TV, or other relaxation _____

Average hours per week spend on personal development (education, tapes, classes) _____

Average hours per week spent talking on the phone _____

Average hours per week spent on the computer or Internet _____

Average hours per week spent in recreational shopping (not for necessities) _____

Average hours per week spent sleeping? _____

OTHER

Average hours per week spent _____

Average hours per week spent _____

Average hours per week spent _____

Average hours per week spent _____

Average hours per week spent _____

Average hours per week spent _____