PERSONAL PRIORITIES WORKSHEET

Activity, Event or Task

Appendix A

Repeat

Day

Time

How it Works

Start with your most important activities for the benefit of the Body, Mind, and Spirit. (See The Optimal Week Course Companion for examples.)

These are non-negotiable and are the activities which provide energy for peak performance in other important areas.

Do not attempt to recover lost time by taking away from these rejuvenating activities.



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