Prioritizing Tasks
Home Practice: Prioritized To-Do List

Record the top 5 tasks you want to get done in the next week, including self-care and pleasant activities, and when you want to have it done by. Check off each task that you are able to accomplish.

To-Do List, Week of _____

Task	***Due Date***	***Completed?***
1)		
2)		
3)		
4)		
5)		

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