

Priorities Diamond

Look at the ideas card and pick your top nine. Copy them across to the sheet, putting the one you feel you really need to do at the top of the diamond, followed by the next two most important and so on with the least important at the bottom of the diamond.

Physical Wellbeing

A diamond-shaped grid consisting of 9 empty rounded rectangular boxes. The top row has 1 box, the second row has 2 boxes, the third row has 3 boxes, the fourth row has 2 boxes, and the bottom row has 1 box.

Mental Wellbeing

A diamond-shaped grid consisting of 9 empty rounded rectangular boxes. The top row has 1 box, the second row has 2 boxes, the third row has 3 boxes, the fourth row has 2 boxes, and the bottom row has 1 box.