



HIGH VALUE ACTIVITIES

High Value Activities (HVAs) are what you would determine as your most important activities to be successful in this area of your life. For example, Personal/Wellness HVAs might be exercise, eat healthy, meditate, etc. You'll need to prioritize your HVAs and not expect to work on everything at once!

You will plan monthly. During your week, you can decide on detailed activities that fall into each of the HVA areas. For example, this week I will have one green drink per day, walk 10 miles in total, meditate each morning and evening.

Get your more detailed HVA Instructions and a larger worksheet at
www.GRITtyStuff.com

Write your 5 to 7 HVA's for each category below.

	PERSONAL/ WELLNESS	FAMILY/RELA- TIONSHPIS	FUN/SOCIAL	CAREER/ FINANCIAL	OTHER
1.					
2.					
3.					
4.					
5.					
6.					
7.					

Vision Without Action is a Daydream. Action Without Vision is a Nightmare.
- Japanese Proverb