

## MY ESSENTIAL SYSTEMS

Fill in the blanks to identify where you want to make activities easier or more reliable:

	How Often Needed	When Needed	Where Needed	Priority
Bathing	_____	_____	_____	_____
Cleaning	_____	_____	_____	_____
Clothing and Laundry	_____	_____	_____	_____
Communications	_____	_____	_____	_____
Cooking	_____	_____	_____	_____
Expressing creativity	_____	_____	_____	_____
Managing belongings	_____	_____	_____	_____
Managing information	_____	_____	_____	_____
Managing to-do's	_____	_____	_____	_____
Managing career	_____	_____	_____	_____
Managing learning	_____	_____	_____	_____
Managing money	_____	_____	_____	_____
Managing outings	_____	_____	_____	_____
Managing time	_____	_____	_____	_____
Playing	_____	_____	_____	_____
Relaxing	_____	_____	_____	_____
Shopping	_____	_____	_____	_____
Sleeping	_____	_____	_____	_____
Other	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____