

Prioritize Your Reasons For Working

Rank from 1 to 14, 1 being most important, 14 being least important.

Current Priority

Would like to be priority

_____	Self-fulfillment	_____
_____	Freedom/independence	_____
_____	Excitement	_____
_____	Money	_____
_____	Recognition	_____
_____	Experience	_____
_____	Health care and benefits	_____
_____	The opportunity to meet people	_____
_____	Achievement	_____
_____	Challenge	_____
_____	Status/title	_____
_____	Security	_____
_____	Self-esteem	_____
_____	Other _____	_____

Make it a practice to talk with your family, friends, supervisor and co-workers about why you are working. Focusing on the rewards of work helps to maintain a more positive attitude toward your job.

Prioritize Your Responsibilities At Home

Rank from 1 to 14, 1 being most important, 14 being least important.

<u>Current Priority</u>	<u>Would like to be a priority</u>
_____ Interaction with family	_____
_____ Housekeeping	_____
_____ Child care (development/maintenance)	_____
_____ Laundry	_____
_____ Yard work	_____
_____ Pet care	_____
_____ Meal Preparation	_____
_____ Decorating	_____
_____ Maintenance and Repairs	_____
_____ Entertaining	_____
_____ Quiet Time	_____
_____ Relationship with friends/neighbors	_____
_____ Caring for elderly relatives	_____
_____ Other _____	_____

It is critical to communicate your expectations to keep home activities running smoothly. Any time someone feels burdened with too much home responsibility, it is usually because the priorities have not been discussed. Prevent conflict and resentment by clearly communicating your expectations.