

Values and Priorities Worksheet

Setting aside things of value to pursue a higher value

Fasting is the perfect time to reevaluate our priorities. During fasting we want to have a higher priority for the things of God and activities that feed the spiritual man and weaken the carnal nature. In order to do that we need to identify our regular activities and their priority. Priority is expressed through our actions which communicates what we value.

Actions speak louder than our words.

Hrs	Discretionary things I spend my time doing	Reduce / Keep / Eliminate
	TV, entertainment, etc	
	Social Media	
	Talking on phone, chatting, texting	
	Playing sports, activities	
	Working (excess of normal hrs)	
	Hobbies, interests	
	Reading books, novels	
	Gaming	

Rank	What I want to spend my time doing
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Here is an example of someone on a full time work day. The optional time is very limited so multitasking might be used. Some ideas could be multitasking when commuting and during breaks at work, lunch or choosing less sleep. We only have 24 hours so we have to be creative.

Activity	Hrs	Optional
Work	8	N
Commuting	2	N
Sleep	8	N
Eating	1	N
Personal Care	1	N
Chores	0.5	N
Misc, TV	3	Y
Talk with Spouse	0.3	Y
Devotions	0.2	Y

Subtotal	24
For the Day	24
Remaining	0

For reference - below is results of a survey done in 2016. For the work line item that shows only 3.6 hrs, keep in mind that this is only an average that includes people who work full time, work part time, or do not work.

Source: <https://www.bls.gov/news.release/atus.t12.htm>



Economic News Release

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Table 12. Average hours per day spent in primary activities for the civilian population, 2016 quarterly and annual averages

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[Not seasonally adjusted]

Activity	2016				
	Quarterly averages				Annual average
	I	II	III	IV	
Total, all activities(1)	24.00	24.00	24.00	24.00	24.00
Personal care activities	9.57	9.61	9.57	9.55	9.58
Sleeping	8.78	8.83	8.81	8.73	8.79
Eating and drinking	1.16	1.21	1.18	1.14	1.17
Household activities	1.73	1.97	1.85	1.75	1.82
Housework	0.61	0.58	0.52	0.58	0.57
Food preparation and cleanup	0.58	0.60	0.61	0.57	0.59
Lawn and garden care	0.09	0.29	0.24	0.15	0.19
Household management	0.12	0.13	0.16	0.15	0.14
Purchasing goods and services	0.78	0.68	0.76	0.82	0.76
Consumer goods purchases	0.36	0.32	0.34	0.42	0.36
Professional and personal care services	0.11	0.06	0.09	0.09	0.09
Caring for and helping household members	0.53	0.56	0.50	0.50	0.52
Caring for and helping household children	0.40	0.42	0.40	0.38	0.40
Caring for and helping nonhousehold members	0.22	0.22	0.22	0.19	0.21
Caring for and helping nonhousehold adults	0.06	0.09	0.09	0.05	0.07
Working and work-related activities	3.61	3.70	3.66	3.47	3.61
Working	3.25	3.38	3.31	3.17	3.28
Educational activities	0.63	0.43	0.34	0.57	0.49
Attending class	0.35	0.26	0.18	0.30	0.27
Homework and research	0.23	0.14	0.13	0.22	0.18
Organizational, civic, and religious activities	0.34	0.32	0.24	0.40	0.32
Religious and spiritual activities	0.16	0.17	0.13	0.18	0.16
Volunteering (organizational and civic activities)	0.14	0.11	0.08	0.17	0.13
Leisure and sports	5.12	5.01	5.27	5.11	5.13
Socializing and communicating	0.65	0.69	0.73	0.55	0.65
Watching television	2.85	2.55	2.66	2.85	2.73
Participating in sports, exercise, and recreation	0.25	0.36	0.39	0.27	0.32
Telephone calls, mail, and e-mail	0.16	0.15	0.17	0.16	0.16
Other activities, not elsewhere classified	0.15	0.15	0.25	0.34	0.22