"The Five Most Important"

by Jan D. Andersen, PhD

- The 5 most important people in my life (family members may be grouped as *My Parents*, *My Children*, *My Siblings*, etc.):

- The 5 most important activities in my life:

- The 5 most important possessions in my life:

- The 5 most important things I want to accomplish in my life:

- The 5 most important changes (present and/or future) that I would make in my life: