

The PATH[®] Method

Project List & Prioritization

Choose Quadrant: Self
(Work, Family, Friends or Self)

Rank	Projects	Start
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A, B, C - Then A1, A2, A3 etc.



B	Read the books I've accumulated	
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A1	Get healthier, less weight, more energy	
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C	Decide on lasik eye surgery	
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A2	Plan time off trip just for me	
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(See Activities next page)

Activities for the A1 project are on the next page.

The PATH[®] Method

Activity List & Prioritization

A-1 Project

Get healthier, less weight, more energy

Rank <small>A,B,C - Then A1, A2, A3 etc.</small>	Activities	Start
✓ C	Contact YMCA to renew membership	
A1	Go to YMCA, renew membership & do light workout	Thursday night
A3	Start/stay on "Points" diet - low fat, more fiber/veggies	Mon-review this wkend
A5	Drink 8+ glasses of water every day	Reminder in calendar
B	Join weight loss group	
A2	Call Jan to get Points book	Tonight
A4	WIN with workouts 4 days/week for month	In calendar for 30 days
A6	Track my weight daily	Entered prompts daily
A7	Track points daily	Entered prompts daily

T = Time

WIN[®] with at least your A-1 Activity in Your Calendar!