

Evaluating Priorities

Priority is the importance placed on an activity.

- It determines which activities are chosen.
- It determines the activities on which you want to spend your energy.

Questions to ask yourself:

- What needs to be done (necessary to lifestyle)?
- What do I like to do? Which activities bring enjoyment (hobby, leisure)?
- What do others expect me to do?
- How much energy do these different activities use up?
- What can I eliminate (stop/ remove)?
- What can I delegate (ask someone else to do or help with)?

Thinking about Standards

Standards are the expectations you place on yourself for the performance of an activity. They include:

- How often does the task need doing (cook a meal, wash the dishes, dust...)?
- How well does it need to be done (eg double up cooking amounts and freeze some- next time just defrost and heat, does it really need hoovering under the chairs..) ?

They affect the amount of energy spent on each activity.

Standards are difficult to change and it is important to remember that the higher the priority, the harder standards will be to change. If it is that important to you it might be worth using more energy on it – this might be your personal priority.

Questions to ask yourself:

- How do my standards affect my activities and choices?
- Are they forcing me to use up too much of my energy?
- Can some of my standards be changed?

Make active decisions to control change

- Fatigue, breathlessness or pain decreases the number of activities that can be done.
- Giving up activities can happen slowly over a long period of time, limited the number of things you may do.
- Carefully check as it is often the 'fun' or leisure activities that are abandoned.
- To regain control and balance of your lifestyle, you must make active decisions.
- Active decisions need you to think about your standards and priorities.
- Decide where you want to spend your energy (priority).
- Decide how much energy you want to spend (standard).
- Look at options and select the ones you want.
- Respect your priorities! They are important to you!
- Active decision-making allows you to take control of your time.
- Do what must be done *and* what you want to do.

