

# 4<sup>D</sup>

## TAKE THIS LESSON QUIZ

Drill and practice filling in the blanks of the study quiz before taking the actual quiz for more in-depth understanding of this lesson. All answers are listed on page 6. Take time to practice ways you would explain the following to others in future casual conversation:

### 4<sup>D</sup> Lesson — Appraising our Priorities in Healthy Ways



- ❖ Name seven reasons for prioritizing.
- ❖ Recite five ways we can disregard important priorities listed in this lesson.
- ❖ Explain a few of the complexities involved for prioritizing intelligently.
- ❖ Memorize the quote in this lesson that you found most worthwhile.

After studying the vocabulary words from this lesson's Activities, take time to write what you can remember of the definitions emotional significance:

- .....
1. **balance-** \_\_\_\_\_  
\_\_\_\_\_
  2. **distinguish-** \_\_\_\_\_  
\_\_\_\_\_
  3. **energetic-** \_\_\_\_\_  
\_\_\_\_\_
  4. **investigate-** \_\_\_\_\_  
\_\_\_\_\_
  5. **productive-** \_\_\_\_\_  
\_\_\_\_\_
  6. **tactical-** \_\_\_\_\_  
\_\_\_\_\_
  7. **structure-** \_\_\_\_\_  
\_\_\_\_\_



## 4D Lesson — QUIZ (Study Format)

1. Life requires an ability to \_\_\_\_\_, assimilate, and \_\_\_\_\_ priorities.

identify/regulate

2. Prioritizing is a crucial activity for effectively managing \_\_\_\_\_, energy, and \_\_\_\_\_.

time/money

3. Learning how to prioritize well is necessary for \_\_\_\_\_ organizing ourselves, and helps us \_\_\_\_\_ problems.

intelligently/ward-off

4. Through responsible practice and due care, we learn to apply greater effort toward prioritizing \_\_\_\_\_, health, and \_\_\_\_\_.

safety/harmony

5. How we prioritize tells others how well we \_\_\_\_\_ ourselves, care for others, and protect our \_\_\_\_\_.

govern/environment

6. If we remain too \_\_\_\_\_ on one task or interest, we can \_\_\_\_\_ our well-being.

focused/endorse

7. Determining how to prioritize \_\_\_\_\_ and manage our lives well requires tactical command and serious \_\_\_\_\_ skill.

wisely/reasoning

8. To prioritize intelligently, we must strive to accomplish what is important or even vital, while admittedly preferring to handle \_\_\_\_\_ or more \_\_\_\_\_ tasks.

easier/gratifying



9. An \_\_\_\_\_ schedule can make it easier for us to \_\_\_\_\_ relevant life measures.  
overwhelming/miss
10. Prioritizing well requires us to consider our \_\_\_\_\_ and responsibilities, as well as our \_\_\_\_\_.  
values/goals
11. Knowing how to prioritize well can improve our \_\_\_\_\_ of \_\_\_\_\_.  
peace/mind
12. As we set goals, we must remember that the mind is susceptible to \_\_\_\_\_ over that which can be very important for our health and \_\_\_\_\_.  
skipping/well-being
13. \_\_\_\_\_ can inappropriately distort priorities, causing us to avoid and \_\_\_\_\_ important matters.  
Emotions/disregard
14. With well thought out \_\_\_\_\_ and strategies, we are capable of doing a better job of \_\_\_\_\_ priorities.  
direction/investigating
15. The fuel to \_\_\_\_\_ your efforts must be supplied by \_\_\_\_\_ alone.  
energize/you



## 4D Lesson — APPRAISING OUR PRIORITIES IN HEALTHY WAYS

### ACTUAL QUIZ

1. Life requires an ability to \_\_\_\_\_, assimilate, and \_\_\_\_\_ priorities.
2. Prioritizing is a crucial activity for effectively managing \_\_\_\_\_, energy, and \_\_\_\_\_.
3. Learning how to prioritize well is necessary for \_\_\_\_\_ organizing ourselves, and helps us \_\_\_\_\_ problems.
4. Through responsible practice and due care, we learn to apply greater effort toward prioritizing \_\_\_\_\_, health, and \_\_\_\_\_.
5. How we prioritize tells others how well we \_\_\_\_\_ ourselves, care for others, and protect our \_\_\_\_\_.
6. If we remain too \_\_\_\_\_ on one task or interest, we can \_\_\_\_\_ our well-being.
7. Determining how to prioritize \_\_\_\_\_ and manage our lives well requires tactical command and serious \_\_\_\_\_ skill.
8. To prioritize wisely, we must strive to accomplish what is important or even vital, while admittedly preferring to handle \_\_\_\_\_ or more \_\_\_\_\_ tasks.
9. An \_\_\_\_\_ schedule can make it easier for us to \_\_\_\_\_ relevant life measures.
10. Prioritizing well requires us to consider our \_\_\_\_\_ and responsibilities, as well as our \_\_\_\_\_.
11. Knowing how to prioritize well can improve our \_\_\_\_\_ of \_\_\_\_\_.
12. As we set goals, we must remember that the mind is susceptible to \_\_\_\_\_ over that which can be very important for our health and \_\_\_\_\_.
13. \_\_\_\_\_ can inappropriately distort priorities, causing us to avoid and \_\_\_\_\_ important matters.



**14.** With well thought out \_\_\_\_\_ and strategies, we are capable of doing a better job of \_\_\_\_\_ priorities.

**15.** The fuel to \_\_\_\_\_ your efforts must be supplied by \_\_\_\_\_ alone.



## 4D Lesson — ACTUAL QUIZ ANSWERS

1. identify/regulate
2. time/money
3. intelligently/ward-off
4. safety/harmony
5. govern/environment
6. focused/endanger.
7. wisely/reasoning
8. easier/gratifying
9. overwhelming/miss
10. values/goals
11. peace/mind
12. skipping/well-being
13. Emotions/disregard
14. direction/investigating
15. energize/you

