4D 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:

4D 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/endanger

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

4D

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

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