



Below list out your top ten worries. *I.e* document up to ten items or areas that you are most concerned about. Your goal is to create a list of the problems or troubles that most concern you at this particular time.

Top 10 Areas of Most Concern	Major or Minor	Urgent or Not
1.)		
2.)		
3.)		
4.)		
5.)		
6.)		
7.)		
8.)		
9.)		
10.)		

Next to each worry you listed above determine if this is a major or minor worry? *I.e* is the importance level for your problem or trouble high or low?

Cross out those worries that upon further reflection you now see as minor even though you have been treating them as a major worry.

Once you have confirmed the accuracy of your assigned importance level identify if the worry is urgent or not. *I.e* is this a problem or trouble you have to deal with today, this week, next week, this month, this year or in a few years from now?



Prayer coupled with the wise use of your agency will help you focus on the major things our Heavenly Father expects from us while freeing you from the minor things that worry and distract us. Satan wants us distracted. God wants us focused on His Plan of Happiness.

If you find yourself continuously worried, anxious, and easily distracted than seek out help. *I.e* ask a friend or a professional to help you see what you are missing.

<sup>1</sup> Guide to the Scriptures, “Righteousness”; scriptures.lds.org

<sup>2</sup> Bible Dictionary, “Faith”; scriptures.lds.org)

<sup>3</sup> “First Things First” by Stephen R. Covey, A. Roger and Rebecca R. Merrill, 1996