

Understanding Priorities

First, estimate how many hours you “Now” spend on each of these areas.
Next, decide on the amount of time you would ideally spend: “Your ideal.”
Then decide how an action step to achieve your ideal.

Work	Now (hours a week)	Ideal (hours a week)	Action Step
Time at Job			
Bringing work home			
Salary			
Satisfaction			
Personal			
Exercise			
Media (TV, Streaming, etc)			
Video Games			
Hobby			
Reading			
Friends			
Volunteering			
Sleep			
Marriage			
Time together			
Dates			
Discussion (minutes per day)			
Home			
Cleaning			
Cooking			
Grocery Shopping			
Errands			
Lawn Care			
Home Maintenance			
Faith			
Sunday morning worship			
Small group involvement			
Serving at church			
Attending events			

Eight Steps To Conflict Resolution

Use the below worksheet as a template to address and resolve conflict.

1. Set a time and place

_____ *Date/Time*

_____ *Place*

2. Define the issue (be specific)

3. List ways in which each person has contributed to the issue/problem

Partner 1 _____

Partner 2 _____

4. List past attempts, if any, to resolve the issue that were not successful.

1 _____

2 _____

3 _____

4 _____

5. Brainstorm possible solutions (do not critique or judge)

1 _____ 2 _____

3 _____ 4 _____

5 _____ 6 _____

7 _____ 8 _____

6. Evaluate and discuss solutions above. Remain as objective as possible. Talk about how useful and appropriate each suggestion feels

7. Agree on one solution to try: _____

8. Determine a time and place to follow up

_____ *Date/Time*

_____ *Place*

View of Money

1= Strongly Disagree 2= Disagree 3=Undecided 4=Agree 5=Strongly Agree

- _____ 1. I look up to people who have been very financially successful.
- _____ 2. In making a major purchase, I consider what others will think of my choice.
- _____ 3. Having high quality things reflects well on me.
- _____ 4. It is important for me to maintain a lifestyle similar to or better than that of my peers.
- _____ 5. Having some money in savings is very important to me.
- _____ 6. I would rather have extra money in the bank than some new purchase.
- _____ 7. I prefer safe investing with a moderate return versus high-risk investing with potentially high returns.
- _____ 8. I feel more secure when I know we have enough money for our bills.
- _____ 9. I really enjoy shopping and buying new things.
- _____ 10. People who have more money have more fun.
- _____ 11. I really enjoy spending money on myself and on others.
- _____ 12. Money can't buy happiness, but it sure helps.
- _____ 13. He or she who controls the purse strings calls the shots.
- _____ 14. I would be uncomfortable putting all my money into a joint account.
- _____ 15. One of the important benefits of money is the ability to influence others.
- _____ 16. I think we each should control the money we earn.

Scoring and Interpretation

After taking the quiz, add up your answers to the four questions for each category and record your scores below.

Scores for each category can range from 4 to 20, with a high score indicating more agreement with that approach.

It is possible to have high or low scores in more than one category. General guidelines for interpreting your scores appear in the box below.

My score _____

Score	Interpretation
17-20	Very High
13-16	High
9-12	Moderate
4-8	Low

Active Listening

A. Rules for the speaker

- Speak only for yourself. Don't mind-read.
- Speak in short phrases.
- Stop often and let the listener paraphrase.

B. Rules for the listener

- Paraphrase what you hear.
- Don't refute.
- Focus on what the speaker is saying.

C. Rules for both

- The speaker has the floor.
- Speaker keeps the floor while the listener paraphrases.
- Share the floor.

