



## **PRIORITIES**

### **Before the Meeting: Preparation**

Supplies needed: Flipchart paper or regular paper (1 piece per person). 1 pen or marker per person.

### **Step 1: Introductions and Icebreakers**

This icebreaker is quick and very flexible as it can be adapted to any topic. The gist of it is that you and your team must agree to the “Top 3” of something, and then have the rest of the groups guess what the list is about.

#### **Top Three Icebreaker Activity:**

Break the larger group into groups of 3 or pairs. Give each group or pair a piece of flip chart paper or regular piece of paper and a pen/marker. Have them go to the flipchart or sit together as a group. Allow 5 minutes for them to come up with their “Top 3”. After 5 minutes, each group shares the list with the rest of the groups. Other groups have to guess what each “Top 3” is about.

#### **Close the Activity:**

If time allows, show this video: <https://www.youtube.com/watch?v=LXE6h8IZqZg>

## **Step 2: Discussion**

Ask these in order and allow everyone to respond to each question before moving to the next question:

- What is most valuable to you?
- How much time do you spend on things/people that are most valuable to you?
- How much time do you spend on yourself? What does “spending time for yourself” look like?
- What are your highest priorities? How do you spend your time on these priorities?
- Do you spend enough time on your highest priorities?
- What is least valuable to you?
- How much time do you spend on things that are least valuable to you?
- How much time do you waste? What does wasting time look like to you?
- Based on how you spend your time, what could you do differently to spend more time on your biggest priorities or values and spend less time on things that are not valuable to you?
- How does prioritization of your life and how you spend your time impact depression, anxiety, and thoughts of suicide?
- How can you help someone else that might be struggling with prioritization in their life?

## **Step 3: Closing (End) the meeting.**

- What is the most important thing you learned today about priorities and/or prioritization?
- What is one thing you can do tomorrow to align your time with your priorities and spend less time on things that are not valuable?