



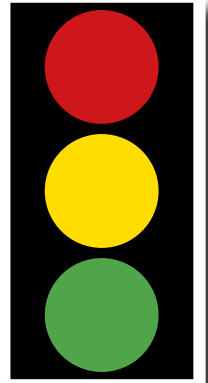
TRAFFIC LIGHTS

Think about your studies, your career, yourself, your health?

What is urgent and what is important?

Write down the things you need to do using the Traffic Light System to help you prioritise what needs to be done and in which order (Red first, Amber second, Green last. Grey - don't do them)

1. URGENT & IMPORTANT



2. URGENT BUT NOT IMPORTANT

3. IMPORTANT BUT NOT URGENT

4. NOT URGENT & NOT IMPORTANT

