


## **Health Awareness Workshop Reference Book**

*"The Keys to complete constructive self-care."*

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**Handbook**  
17th Annual Health  
Awareness Workshop  
August 12-15, 1997

**Cookbook**  
Annual Health  
Awareness Workshop



**Children's Workbook**  
Annual Health  
Awareness Workshop  
August 12-15, 1997

**MEDICAL STUDENT  
UNAUTHORIZED  
SURVIVAL  
HANDBOOK**



**STEPS to planning my day:**

**Step I:** I must determine my MOST essential day's tasks.

1. Which of my CURRENT and FUTURE assignments should I focus on?
2. On which assignments should I work to assure MAXIMUM return for my PRECIOUS time?
3. Which assignments MUST I work on today OR ELSE?
4. Which assignments would my INSTRUCTORS say are MOST IMPORTANT?
5. Which UNFINISHED assignments from my yesterday's STEPS TO PLANNING MY DAY should I also include and get to TODAY?
6. Can ANY of these assignments be CONSOLIDATED?
7. What NEW IDEAS will help me ACCOMPLISH these important CURRENT and FUTURE assignments?



**Step II:** Which do I do FIRST? E=Essential  
G=Good Idea S=Some Day

1. Which assignments will be MOST BENEFICIAL in accomplishing my CURRENT and FUTURE assignments?
2. Is there ANYTHING ELSE I can/should do to help myself achieve what's REALLY IMPORTANT for me?
3. If I DON'T DO each of these assignments today, WHAT WILL BE THE RESULTS?
4. In the BIG picture, which COMPLETED assignments will I BE MOST PLEASED ABOUT?

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