



Task Priority Sheet

Before you start this list, put everything down and do the following breathing technique:

1. Focus your attention in the area of your heart.
2. Take 6 deep and slow breaths (inhale for 5 seconds and exhale for 5 seconds).
3. Keep breathing deeply and slowly while you focus on a positive feeling of **EASE and CALM.**

Continue to breathe deeply and slowly while completing your task priority sheet.

#	Tasks	Expected Duration	Priority Score (1 - 10)
1			
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Contact a Beat Exam Stress Coach

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