

## Important - Like GRID - Sample Sheet

### Worthwhile Goal: Book Reading

Important	Like	Doing	Grid Lines	Examples
✓	✓	✓	1	Going to the library
		X	2	Buying expensive books
✓	X	✓	3	Driving to the library
		X	4	Searching for books
X	✓	✓	5	TV
		X	6	Time with friends
X	X	✓	7	Getting stuck in traffic on the way
		X	8	Getting distracted while reading