

PRIORITIES WORKSHEET



DAY 1

Here is a list of useful questions to help identify priorities.

List 3 answers for each question, then identify the top themes that emerge across the questions.

What is in on your mind right now?

1.

2.

3.

Where do you spend most of your energy?

1.

2.

3.

Where do you spend most of your time?

1.

2.

3.

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DAY 2

Here is a list of useful questions to help identify priorities.

List 3 answers for each question, then identify the top themes that emerge across the questions.

Where do you focus the most? Where do you focus your thoughts? Your emotions?

1.

2.

3.

What goals have you set recently that show signs of coming true?

1.

2.

3.

What do you love talking about to others?

1.

2.

3.

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DAY 3

Here is a list of useful questions to help identify priorities.

List 3 answers for each question, then identify the top themes that emerge across the questions.

Where are you most organized?

1.

2.

3.

Based on your answers to all the questions so far;

What are the top 3 to 5 things/themes that emerged? These are likely your priorities right now.

Top Priorities:

1.

2.

3.