



# Priority Worksheet

Yes, strong priorities are important for a successful life and business. Most people *think they know* what their priorities are. In reality, the priorities which will lead to success are usually quite different from the list most people have on paper or in their head.

When making changes in any area of your life you need to start with an accurate assessment of the current state of *reality*. You may well know where you want to go, but your chances of getting there are nil if you don't know where you are now - your longitude and latitude.

The next few pages are intended to help you identify:

- what you are *saying* your priorities are
- what they *really* are
- what priorities would serve you the most, and

And, once the above are crystal clear, you can then create an effective tool to help your subconscious mind accept the new navigation plan.

# My Priority Longitude and Latitude

First, let's assess if you need to make some changes.

Check off the items in the list below which you feel you experience on a regular or semi-regular basis.

- Overwhelm
- Physical exhaustion
- Frequent Illness
- Emotional turbulence - mood swings, short with others, etc.
- Relationship troubles - self and/or others are being neglected.
- Easily Distracted
- Short attention span
- Anxiety
- Sleeplessness
- Apathy
- Addictions
- Isolation
- Capped income
- High turnover in the business
- Lack of growth in your business
- Craving/needing verbal praise

How many Items did you check off? \_\_\_\_\_

If you circled 3 or more items from the list above, there is a high chance that your priorities are not set to empower you. It is likely there are some underlying ideas causing these symptoms and compromising the foundation in your life and business.

Let's take a deeper look.

# My Priority List

Most people don't know what their priorities are, even though they think they do. It's a good idea for you to figure out what yours really are.

Let's create a general priority list. Allow your mind to dump out the top 10 ideas. Try not to think too much when writing these down. Let your mind be creative and just write down the priorities; don't worry about the order.

Example: My partner, Financial stability, Family, etc.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

The list of priorities on the previous page is what you *THINK* and *SAY* your priorities are. Now let's look at what they actually are.

The next few questions are meant to shed light on the real priorities in your life. Ask yourself the following and jot down your first response.

1. What do you think about when you first wake up?

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2. What would your friends say you care about most?

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3. What do you think about most of the day?

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4. What are you most successful at?

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5. What would your friends say you are most successful at?

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6. What needs attention in your life?

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7. What gets the attention instead?

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8. Who do you pay the most attention to?

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9. What are the things you can't wait to do each day?

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Answer the next question, including both supportive and non-supportive activities. Wherever possible, include measurable details.

*Example:*

*What do you do every day, without fail?*

I make lunch for the kids, have 6 cups of coffee, walk 3 miles, watch 3 hours of TV, yell at the kids, meditate for 5 minutes

What do you do every day, without fail?

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# My Real Priority List

The answers to the questions on the previous page offer insight into what your real priorities are. Here is where we need to establish a NO JUDGEMENT ZONE!

Look at your answers to the previous questions and write down what your real priorities are... without judging yourself, **even if you don't like what you see!**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

This is your starting point. Now we can begin to create the navigation plan.

Remember: **This is a NO JUDGEMENT ZONE.**

Let's say running for 1 hour a day is a real priority for you, even over the needs of a family member. If you look at this neutrally you will be better able to fulfill both your needs and the needs of your family.

Often times we lie to ourselves, saying this or that is a priority when in reality it is not. We might worry about what others think or what society tells us should be a priority. This could cause us to put something on the list that is not actually as important to us as we believe it should be. This creates stress, poor follow through, and a host of negative emotions.

Also, sometimes, there are things on the list that do not serve us, such as too much TV, dinners out, hours playing video games, etc. And often there are things not on the list that would empower us if they were, such as, exercise, reading, and family time. These are things you may say are priorities, but in reality, they are not. We can create a mindset that puts them high on the list.

Below, list your priorities, without judgment, or concern for what you or others say they *should* be.

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

# My Empowered Priority List

Now rearrange the prior list from most important to least. Least does **not** mean “not important.” Be mindful and then pick the top 5. Consider what priorities will be the most powerful for you.

1. \_\_\_\_\_

This is important to me because

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The result of this being a priority is

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2. \_\_\_\_\_

This is important to me because

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The result of this being a priority is

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**3.** \_\_\_\_\_

This is important to me because

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The result of this being a priority is

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**4.** \_\_\_\_\_

This is important to me because

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The result of this being a priority is

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**5.** \_\_\_\_\_

This is important to me because

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The result of this being a priority is

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Well done!

Now you have a priority list which is conscious, and powerful; an amazing hypnotic script and navigation system to help you reprogram your subconscious mind.

If you commit to reading your Empowered Priority List every day before bed and upon waking for 30 days, you will create a new habit. If you commit for 90 days you will create a lifestyle. This is your navigation system. That means, these items will become woven into your life and permanent ways of being.

Enjoy!