

TODAY'S DATE:

My Top 3 priorities for this year are:

- 1.
- 2.
- 3.

Writing Prompts:

On the next 3 pages, write each priority at the top. Then, write a few short sentences about each one specifically using the following prompts. By the end of this exercise, you'll have *three pages full* of inspiration and actionable steps you can take in order to focus on what's most important to you this year!

- Why is this a priority to me?
- How often will I devote time and attention to this priority? (Be specific: instead of writing "3x/week," write "Monday afternoons, Thursday evenings, and Sunday mornings.")
- What are 3 action steps I can take in order to make progress on this priority each week?
- $\bullet \ \ \text{If I'm feeling sluggish or unmotivated, I'll overcome these feelings by reminding myself that}$
- After consistently giving my attention to this priority, I'll feel _____
- What tools and resources will I need in order to maximize my success in pursuing this priority?
- By the end of this year, the rewards I'll get from focusing on this life priority are _



My TOP 3 PRIORITIES 2021 Priority #1

1.

2.

3.

4.

5.

6.

7.

My TOP 3 PRIORITIES 2021 Priority #2

1.

2.

3.

4.

5.

6.

7.

My TOP 3 PRIORITIES 2021 Priority #3

1.

2.

3.

4.

5.

6.

7.