



IDENTIFY YOUR PRIORITIES

Use this priority finder to gain insights into your coaching goals.

INSTRUCTIONS

- Simply **take just 5 minutes** to answer the questions below. Then complete the section to identify your priorities.
- You can use this exercise to get back in control. Use it weekly, or simply whenever you feel overwhelmed!
- The questions are deliberately vague. Don't think, just trust and write down whatever comes into your mind.

- ☀ What needs LESS attention?
- ☀ What needs MORE attention?
- ☀ How would you like to spend MORE time?
- ☀ Where would you like to spend LESS time?
- ☀ What is missing in WORK (or SCHOOL) that should be there?
- ☀ What is missing in LEISURE that should be there?
- ☀ Would your work (or school) COLLEAGUES agree?
- ☀ Would your FAMILY agree?
- ☀ What is MOST IMPORTANT to you right now?
- ☀ If you could do ANYTHING with no limits, what would it be?

You cannot do everything at once. So now, using your answers to the above questions, write the three things that are most important to you right now! Put the most important first, then the next and then the third in order.

1st Priority

2nd Priority

3rd Priority

*****It could be helpful to use this priority finder to give you an insight to coaching goals***