

Personal Priority Discovery Exercise

Often, we do not know what we truly want in life, or we are afraid of pursuing it. Answering the questions on this worksheet will help you in the process of discovering and doing the number one thing on your bucket list. This could be a creative project, a career change, or even a trip to a far-off destination.

- ◆ What is the primary thing you wish you had accomplished in the last ten years?
- ◆ Why do you care about this? What drives you to want to do this?
- ◆ Can you accomplish this thing in the next ten years? The next ten years will come and go regardless, so you might as well go for it! The best answer to this question is YES.
- ◆ If you cannot do the exact thing you wish you could have accomplished in the last ten years, what is a close second?
- ◆ What are the major elements you need to accomplish in order to accomplish your goal? A simple brainstorm here is fine.
- ◆ What can you accomplish in the next year that will help you get to your primary goal? Set a twelve-month goal.
- ◆ What can you work on immediately (today) to begin moving toward your goal?
- ◆ Are you willing to commit to doing at least one thing to move toward your goal every day? All it takes to get there is to do one important thing every day.
- ◆ Who can keep you accountable to making steps toward this goal? Are you willing to ask them to help you?
- ◆ Who can mentor you on your path to this goal? Are you willing to ask them for help?
- ◆ If you are afraid of moving toward this goal, can you pick a small, easy thing to try, just to see what happens? In other words, what simple step could get you over the first hurdle of self-doubt?
- ◆ After answering all these questions, set them aside for a few days. Return to it and look at your answers objectively. Do you still agree with them? **If so, stop doubting your plan of action and just go for it!**