



# Priority Worksheet

Yes, priorities are very important when owning and running your business. Most people think they know what their priorities are but in reality, they are fairly far from the list they have on paper or in their head.

When making changes in any area of your life you need to have an accurate assessment of the current state of things. You might know where you want to go, however your chances of getting there are slim if you don't know where you are, your longitude and latitude.

One needs to consider that at all times there are two sets of priorities. One is conscious, and the other is subconscious. One is what you **WANT** to do, the other is what you **actually** end up doing. Since the subconscious makes up 88% to 90% of your mind power, which one do you think gets your attention? Yes, the subconscious.

The next few pages are intended to help you identify what you are *saying* your priorities are (conscious), what they *really* are (subconscious), what priorities would serve you the most, and also create a 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.

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

Overwhelm

Exhaustion

Frequent Illness

Heightened emotions

Stressed relationships

Easily distracted

Shortened attention span

Anxiety

Sleeplessness

Apathy

Addictions

Isolation

Capped income

High business turnover

Slow business growth

How many Items did you circle? \_\_\_\_\_

If you circled three or more items from the list above, there is a high chance that your priorities are not set to empower **YOU**, and mostly driven by your subconscious. More than likely, there are some underlying ideas causing these symptoms and compromising the foundation in **YOUR** business, and most certainly in **YOUR LIFE** as well.

If you circled less than two, you can still benefit from completing this worksheet and getting even more clarity about what you would like to make a priority.

How about we take a deeper look?

# My Priority List

Now let's create a general priority list. Try not to think too much when writing these down. Let your mind be creative and don't worry about the order.

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

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

This list of priorities is what you *THINK* and *SAY* your priorities are; they may or may not be. Now let's look at what they might **REALLY** be

The next few questions are meant to shed light on what the **real** priorities are 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. Who do you pay the most attention to?

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7. What needs attention in your life?

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8. What gets the attention instead?

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9. Who do you pay the most attention to?

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

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Answer the next question with supportive and non-supportive things.

*Example:*

*What do you do every day without fail?*

*I make lunch for the kids, eat a donut, work out, watch excessive TV, pray.*

11. What do you do every day without fail?

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Remember, this is a **NO JUDGEMENT ZONE!**

It's important to take a neutral stance or it will be difficult to assess your real position.

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's not important to us, creating stress, poor follow through, and a host of negative emotions such as shame and guilt.

Let's say you enjoy running for one hour a day, and that is your real priority over the needs of your family. You may feel that it is not ok for you to put your desire first, and in return you don't put aside time for your running, however, running would be the priority anyway. You would most likely end up running and not fulfilling the family's need because you did not schedule or plan appropriately. If you look at this priority for running neutrally, you will be better able to fulfil both your desire to run and the needs of your family.

Also, sometimes, there are things on the list which do not serve us, such as: too much TV, dinners out, hours playing video games, etc. And often times there are things not on the list which 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. It is possible to create a mindset which puts the important items higher on the list; neutrality and honesty are key!

# My Real Priority List

Review the answers to the question on pages 5 and 6. They should have offered insight into what your real priorities are. Look for repeated items. These are clues to what your subconscious priorities are.

Now, considering the new insight, write out your real priorities... without judgment, **even if you don't like what you see!**

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

**This is your starting point. We can begin to create the navigation plan.**



# My Empowered Priority List

Create your priorities without judgment or concern for what you or others say they **should** be. List them in order of most important to least. Least does not mean “not important.”

If you were saying that your health was a priority but you learned that it was not, you can put that on this list. There may have been something that you first said was a priority and now you realize it is, put that on this list, or perhaps something new came forward, put that on the list too.

Be mindful as you pick the top five. Really consider what priorities will be the most powerful for you. Remember to keep everything in the positive writing as if it is happening NOW.

Example:

My Health is a priority for me.

**This is important because** I want to enjoy a long life and be around for my loved ones

**The result of this being a priority is** lots of energy, I feel strong and youthful. Well into my retirement age, and beyond, my mind is sharp and clear. I am fully engaged in my community and feel I still create a positive impact in the world. Life is fun!

# My Empowered Priority List

1. \_\_\_\_\_ is a priority for me.

This is important because

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The result of this being a priority is

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2. \_\_\_\_\_ is a priority for me.

This is important because

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The result of this being a priority is

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3. \_\_\_\_\_ is a priority for me.

This is important because

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The result of this being a priority is

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4. \_\_\_\_\_ is a priority for me.

This is important because

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The result of this being a priority is

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5. \_\_\_\_\_ is a priority for me.

This is important 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 powerful and created from what you consciously want. This list can be used as 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, your subconscious will have been reprogrammed for a new habit. If you commit for 90 days, you will reprogram a new lifestyle. That means these items will become weaved into your life and permanent ways of being. This is your **Life Navigation System**, where you always know your longitude and latitude.

Enjoy!