

Priorities - Success - Habits

My Priorities:

A priority is the concern, interest or desire that comes before all others. How have the changes over the last year impacted your priorities? Has your perspective changed on what matters most? To live your best life and be your best self, you must decide what is most important to you and act accordingly.

Where do I spend my time?

Where do I spend my money?

Where do I focus my attention?
(What do I allow to capture my attention)

My Success:

Success is about how you measure the results of your life. A wise person said, "Watch your thoughts; they become your words. Watch your words; they become your actions. Watch your actions; they become habit. Watch your habits; they become character. Watch your character; it becomes your destiny."

Describe the person you want to be:

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What SUCCESS means to me:

My Habits:

1. List the KEY AREAS of your life and a sentence or two about what success looks like for each area.

Examples of key areas (use whatever categories make sense to you)

- ME - body, mind, spirit/soul; OTHERS – relationships and family; GOALS – career, dreams, legacy, financial, etc.
- Family, Relationships, Health & Fitness, Lifestyle, Personal Development, Spirituality
- Physical Body, Emotions and Meaning, Relationships, Time, Career, Finances and Contribution and Spirituality.
- Love Relationships, Friendships, Adventures, Environment, Health and Fitness, Intellectual Life, Skills, Spiritual Life.
- Career, Relationships, Health, Wealth, Personal Development, Social Life.

KEY AREAS OF MY LIFE:

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2. Analyze your habits - Create two columns. In the first column, make a list of all your current habits. In the second column make a list of all the habits you'd like to have. A habit is something that you do regularly, like exercise, drink water, read, etc. Then evaluate both columns and determine which area of your life the habit relates to and whether it supports your success in that area or hinders you being successful.

Current Habits	Ideal Habits	Which area of life is this habit connected with:	Does this help or hinder my success?

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3. Decide what you will do differently because of this reflection exercise. What habits will you add, what habits will you subtract, what will you change?
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4. Set a check in date for yourself. Schedule an appointment on your calendar to revisit your reflection and celebrate your progress.