

How to Stay in The Priority Zone Worksheet

This is your special worksheet to help you:

- a) ensure you know what your priority(s) is
- b) provide you with a written reminder to post wherever you want for help with that consistency thing

This is my priority because it is something that will make me smile fondly as I recall it in my golden years. Doing it, focusing on it, committing time to it will provide me with precious memories that nobody can ever steal from me or my loved ones.

My priority is:

**a few additional notes:

- 1) I provided three lines in case you really want to choose three, or in case you wanted to write it BIG!
- 2) The cool thing about this exercise is that it can be done again at a later point in your life when you need to readdress your priorities. Life changes, things change, priorities shift.
- 3) In conjunction with #2 above, do not be afraid of writing something, anything, down. This is not a do-it-once and be-forever-devoted to it event. You can change your priority any time life leads you down a new path!

