



MY PRIORITIES WORKSHEET

Define your top 3-5 priorities:

For example, if your priority is to be a good wife write out what being a good wife looks like to you. Forget cultural expectations. Be specific and concise.

1.

2.

3.

4.

5.

Take some time to reflect.

What am I'm currently devoting time to that isn't in line with my core convictions/values?

Are there any societal expectations you need to let go of to focus on what matters most? If so, name them:

Is each pursuit valuable and in line with the trajectory I want to be on? Are they sustainable?

Do I have room for rest and margin to care for people?

M

WWW.MYDEARESTDEAR.CO