



## 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?

