

A Five Step Process to Prioritize Your Life

FREE TEMPLATE

This is your reminder that this is a process. No one has this figured out and we're all doing the best we can. You do not need to be perfect, but you do need to grow in order to be healthy. So use this to help grow you in your priorities, and start putting you first again. Bonus: I like to get away to the beach and figure my stuff out. If you have a special place that breathes life into you, run!

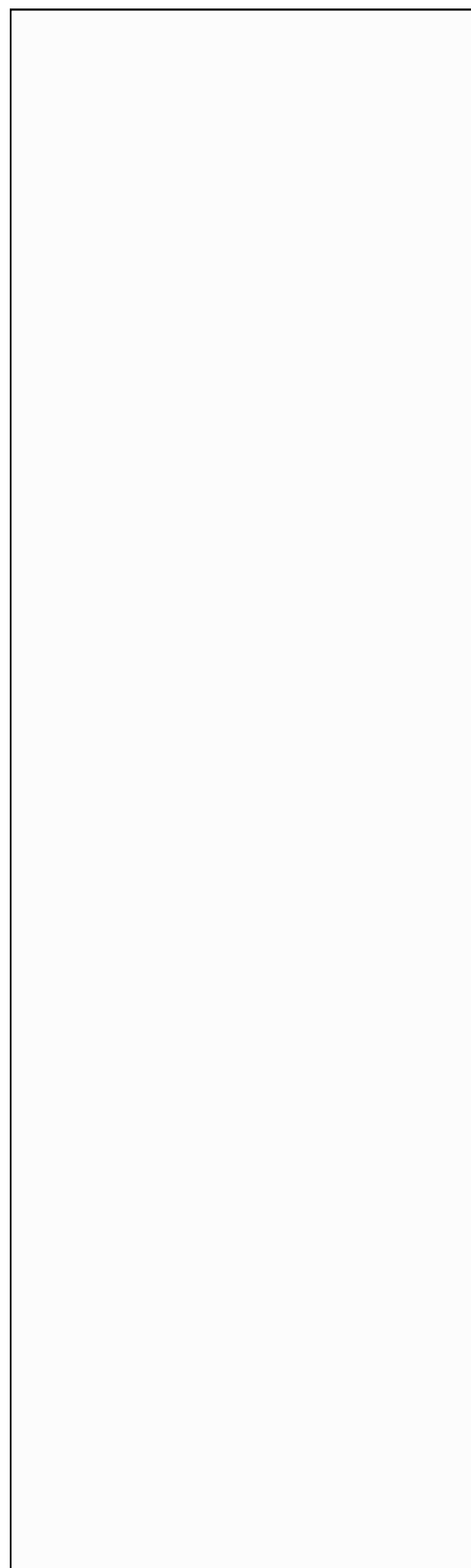
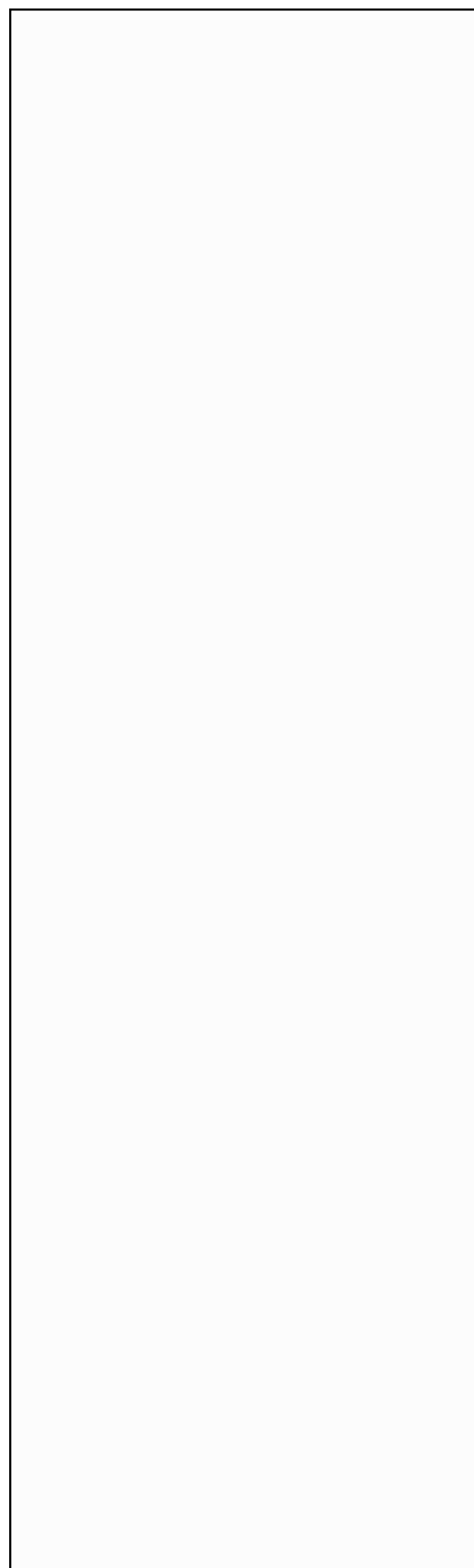
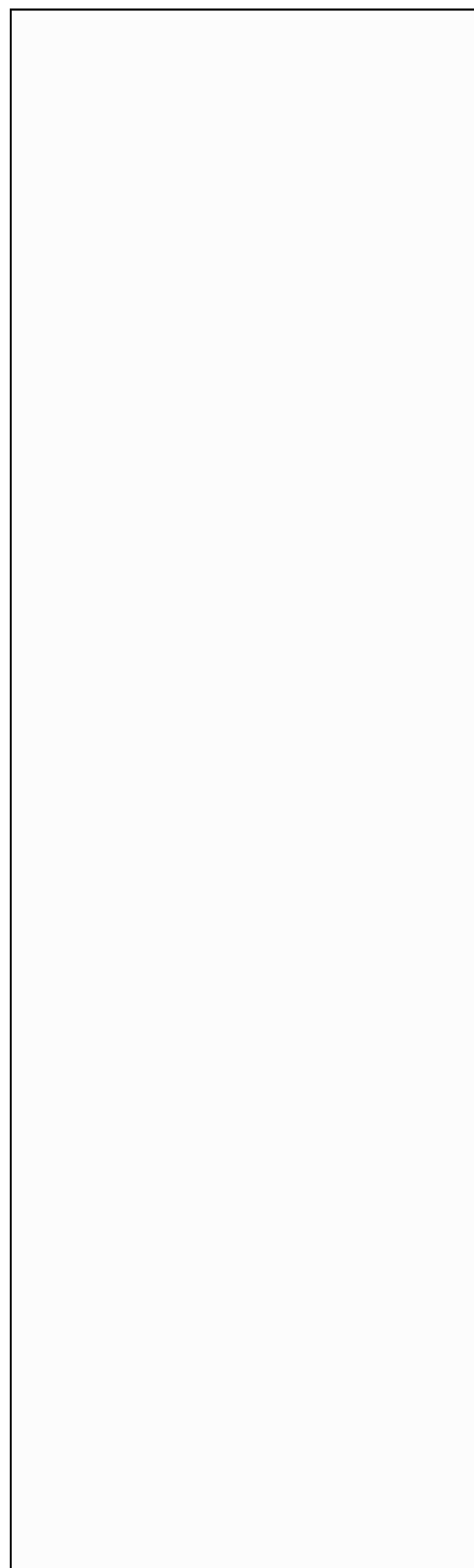
List out everything you have going on in your life. And I do mean everything.

Now go ahead and separate your essentials from your non-essentials.

Elevate the essentials and slowly add back in the non-essentials you miss most.

If you have margin, continue to add back in things that bring you joy.

Add in things that are momentum makers that bring productive joy.



Anything that is still not needed- non-essential, joyless, lacks momentum, time-waster- toss it; it's only going to add to your life's noise and you deserve focus right now.