
Priorities

EPISODE 76

You may think you're pretty clear on what your top priorities are. But, knowing them, saying them, writing them out, and actually spending our time in service of those priorities are very different things.

What would you tell me if I were to ask you what your top three to five priorities are?

If you don't know, this is a great place to start:

- What is most important to you in your life?
- What do you value most?

Next, assess. Think about your day yesterday or the last few days. Start from the time you woke up and think about everything you did and categorize them into one of those priority columns.

- How many of the tasks you completed were in support of one or more of your priorities?
- How many fit into the other category?

How to do a priorities check-in:

List the priority you are focusing on and then ask the following questions:

- How is that going currently?
- What have I done over the last few days or week that supports this priority?
- What am I doing instead?

Go through each of your priorities and assess them one by one. See where you are. Consider where you would like to be and decide what shifts you want to focus on to bring you into closer alignment with your top priorities.