

Define Your Top Priorities

Simply print this out and bring this and a notebook or journal to our first call. I will walk you through an activity to get us all started!

- Career/Money - your passion/calling & your attention on your money
- Family - kids, parents, siblings, extended family
- Health - food, exercise, sleep
- Dating & romantic relationships
- Recreation - hobbies, sports, activities
- Self-Care - physical, mental, emotional
- Self-Improvement - personal growth, education, learning
- Spirituality - God, tapping into God/Universe, higher power
- Creativity - the arts, crafting, sewing etc
- Travel - day trips, weekend trips, week long trips, dream trips
- Friends - old, current and future
- Play/Fun - what brings you joy and laughter
- Sobriety - natural state of being at birth (physical, emotional, thoughts)
- Environment - home, city, nature, workspace
- Civic Engagement - social, political, environmental,
- Community Engagement - volunteering, neighborhood