

Atrium Social Development
S O L U T I O N S

PRIORITISING WHAT MATTERS

How to find the one or two goals actually worth your focus right now.

Almost everyone I coach has too many goals, not too few. The problem isn't ambition, it's that when everything feels important, nothing gets the focus it needs to actually happen.

This exercise is a filter, not a to-do list. By the end, you should have gone from a long, scattered list down to one or two goals you can say, honestly, matter more than the rest right now.

Step 1 - Brain Dump

Don't edit yet. List everything that counts as a goal right now, big or small, half-formed or fully planned. Aim for at least 8.

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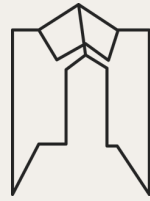
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SOLUTIONS

Step 2 - Filter Each One

Go back through your list. For each goal, ask these four questions. Be ruthless, this step only works if you're honest.

- Is this actually mine, or something I picked up from someone else's expectations?
- If I make real progress here, does it change other areas of my life too?
- Will this still matter to me in five years, or is it a five-week feeling?
- Am I willing to actually work for this, or do I just like the idea of it?

Step 3 - Narrow It Down

Cross out anything that failed more than one of those questions. What's left is your real shortlist, usually two or three goals, sometimes just one.

From what's left, which single goal would change the most if you achieved it?

What's stopped you from prioritising it before now?

Why This Matters

A goal that survives this filter isn't just a want, it's a real priority. And a real priority deserves more than willpower. It deserves a plan, a timeline, and someone checking whether you're actually following through. That's the gap between people who identify their goals and people who reach them.

You've found the goal. Now let's build the plan.

This is exactly where Redesign for Growth picks up. It's a structured, 4-session programme built for precisely this moment, turning the goal you just identified into a concrete plan, with the accountability actually to follow it through.

If any of this landed, I'd genuinely like to hear about it.

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