Instructions for completing this guided worksheet.

Step 1: Think about what you love! Don't overthink this. There are no right or wrong answers. Use the worksheet to write down anything that comes to mind. The prompts below will help you remember everything.

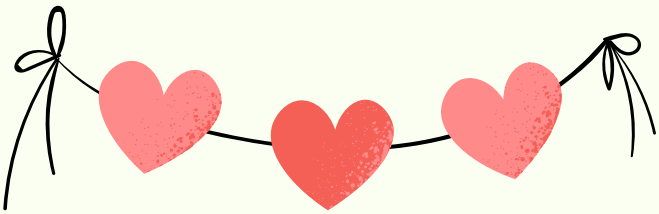
- Things I love doing
- Things that make me happy
- Things that make me laugh
- Things that make me feel creative
- Things that make me feel peaceful
- People I enjoy being with
- Places I love
- Things I'm curious about
- Things I want to learn
- Things I've always wanted to try
- Things I used to love
- Things I keep saying I'll do "someday"



Step 2: Now step back and look at your list. Circle things that seem connected. Write down any patterns on the worksheet.
For example: Gardening • hiking • camping • walking on the beach might all point toward NATURE.
or
Painting • crafting • decorating • photography might point toward CREATIVITY.

Step 3: Now comes the fun part, create your acronym. The goal is to turn your priorities into something you can remember. Choose a word that means something to you.
It doesn't have to spell a perfect word. It doesn't have to be clever. It just needs to mean something to YOU. Add your acronym and the meaning of each letter on your worksheet.

Step 4: Set an intentional goal to help ensure that you are making time for these new priorities.



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Find Your Priorities

Cats & Crafts with Laura



MAKE A LIST OF WHAT YOU LOVE:

WHAT PATTERNS DO YOU NOTICE?

WHAT'S YOUR ACRONYM?

GOAL...

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