



Prioritization

Prioritization doesn't come naturally to some, here are some steps to get you on track:

Make a list of all of the priorities in your life

Rate the importance of these priorities.

This is where you need to be honest with yourself. Sometimes we think we need to be doing all the things when really its pride or obligation that is making that determination.

Once you have your list of true priorities, re-rank what is top priority for you

example: If your peace is your priority, then every task you do has to be measured against this.

This is where it gets a little tricky, There will be some things in life that you have to do even if you don't want to; however, not every task should be that way.

Remember: every time you say "yes" to something, you are inherently saying "no" to something else. So ask yourself this:

If I say "yes" to this, what will I be saying "no" to?

If it doesn't align with your priorities and you are able to say "no" this is when you do so. It is hard to say "no" to some, but its all in how you say it!

This can be hard to learn on your own. If you want more hands on support, reach out for coaching.