

Personal Priorities Bonus Worksheet #2: Reconstitution

Think about opportunities and challenges on the following list that resonate with you and that you give energy to or want to give energy to on a daily basis. Circle the ones that are aligned with your vision, success milestones, and promising pathways and that you want to take action on. Focusing on only the items you have circled, complete the chart below with those things you want to do more of, do less of, start doing, or stop doing.

- Educational achievement
- Physical health and wellness
- Finding fun and happiness in life
- Finding meaning in life
- Personal life cycle events and transitions
- Personal growth
- Spiritual development
- Mental health challenges
- Income so I can focus on my passion
- Love relationships
- Partnerships
- Professional relationships
- Challenges to family stability
- Family issues
- Family life cycle events and transitions
- Friends and social networks
- Co-dependencies
- Career transitions
- Career or vocation challenges
- Career or vocation opportunities
- Financial security
- Job satisfaction
- Professional fulfillment
- Professional growth and development
- Separation from family and friends
- Work/life balance
- Adding value to the world
- Equity and social justice issues
- Poverty issues and opportunities
- Environmental issues and opportunities
- Health issues and opportunities
- Economic issues and opportunities
- Educational issues and opportunities
- Political issues and opportunities
- Global pandemic issues and opportunities

Things I intend to...

Do more of	Do less of
<div style="border: 1px solid #00a68a; border-radius: 15px; display: inline-block; padding: 10px 20px; background-color: #e0f2f1;">Reconstitution</div>	
Start doing	Stop doing

