

UPHELD

COURAGE ★ CONFIDENCE ★ CLARITY

WEEK 2:
POSITION YOUR PRIORITIES

Consider the following coaching questions:

- What new thoughts, ideas or possibilities came to the forefront as a result of this activity?
- How comfortable were you with writing in the present tense?

What other questions come to mind?

Extend

Think about the recent work on your strengths, priorities and interests. How do these elements show up in the vision that you captured for yourself? Are there newly emerging insights as a result of this exercise?

Apply

View this as a working draft, no need for perfection - you can refine/update going forward. Review your narrative daily when possible. Experiment with different approaches to revisit your vision on a regular basis: read it aloud or record it on your cell phone and listen to your thoughts regularly to keep your ideal vision top of mind. What happens (mentally, emotionally, physically) when you take a few minutes to review your vision 5 days in a row?

Honor What Matters Most

Reflect

You must be clear about your essential people, places, experiences, etc. in order to truly honor and align with them. What matters most to you? Are you using your time, talent and energy in ways that support your most important objectives? Read this blog article: <http://www.latondramurray.com/4-ways-to-get-clear-about-your-priorities/>

Create a list of your top 5 career-related goals:

- 1.
- 2.
- 3.
- 4.
- 5.

Consider the following coaching questions:

- What is possible if you truly focus on these goals?
- What is your internal, most motivational reason (the fundamental 'why') for selecting each goal? Why does each goal truly matter to you?
- What are your most critical derailment factors when it comes to honoring your priorities?
- How do these goals support the vision of your future self that you created in the first part of the workbook?

What other questions come to mind?

Extend

Repeat the exercise above on a broader scope by including career plus finances, health, pleasure and relationships. How does your Top 5 list shift or change, if at all?

Apply

Make a commitment to honor your priorities by framing your actions in the context of one of your most important goals during the weeks or months ahead. Share your thoughts about the experience. Remember, this is mostly about awareness and clarity to start given our focus in *Upheld*.