

## Goal Prioritization Worksheet

Source: <http://www.goal-setting-motivation.com/set-your-goals/prioritize-your-goals/>

1. Which goal(s) do I think about the most?
2. Which goal(s) would give me the most energy if I could commit to it now?
3. What accomplishments would make me feel the most proud of myself?
4. Which accomplishments can I take with me forever, and/or which accomplishments would seem the most permanent to me? Is this important to me?
5. In ten years from now, how important will the goal be to me?
6. Which goals are in line with my true values?

7. Which goals are fully within my control, and not too dependent on other people or circumstances?
  
  
  
  
  
  
  
  
  
  
8. Is this goal an external 'should' or an internal desire?
  
  
  
  
  
  
  
  
  
  
9. What do I have a sense of urgency to get on with right away?
  
  
  
  
  
  
  
  
  
  
10. If I could take action in spite of my fear, what might I want for myself right now?
  
  
  
  
  
  
  
  
  
  
11. Which goals give me a heavy or lethargic sensation when I think about them, and which goals give me a positive "rush" of endorphins when I think of them?
  
  
  
  
  
  
  
  
  
  
12. Which goals and their required efforts best fit into the "flow" or pace of my life? Which fit best within my current life context and/or circumstances?