

# **CREATING CoPOWERment® CENTER, LLC** **Setting Intention, Choosing Priorities and** **Visualizing Goals©:**

*This self-exploration offers a quick way to prioritize your time in order to match your ideal priorities and purpose. ~20-30 minutes*

1. Think about the most important aspects of your life. Then assess how many hours per week do you typically devote to the following categories? We each have only 24 hours a day, 7 days a week. How do you spend your time?

Areas in life

Estimated # of hours per week

(Total hours in a week = 24 x 7= 168  
but don't worry too much about making  
the hours add up exactly.)

Family: spouse/children/pets

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Extended family

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Work

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Commute

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Errands/Housework/Cleaning/Repairs

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Fitness/Exercise/Sports

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Friends

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Hobbies

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Entertainment

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Spiritual pursuits

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Volunteer work/Charity

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Self-care

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Eating

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Rest/Sleep

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Other (Note: this could include emotions such as anxiety or behaviors such as daydreaming or planning):

2. Taking this list into consideration, how might you change these time commitments to be more in line with your ideal life? Which areas would you cut back on? Which areas would you expand? *Imagine that you could do anything you want to at this point. Don't hold yourself back with any concerns other than what your ideal life could be.*

Areas to cut back on:

Areas to expand:

This list will show your ideal priorities or what is actually most important to you. Does your ideal priorities list match up with your current time priorities? Why or why not? *Notice that whatever you tend to spend more time on than you would prefer robs you of the time you could devote to other priorities.*

3. Now it's time to consider in more detail *why* you haven't cut back or expanded on the areas of your life that you really want to. What keeps you from making changes in your life that would align more closely to your ideal life? Here are a few reasons some people have given in the past. Check off the ones that you believe apply to you. What other reasons might be holding you back?

- Ego
- Fear
- Not feeling worthy
- Pleasing others
- Not certain what you want in life
- Money
- Time
- Status
- Obligation (to whom? \_\_\_\_\_)
- Children
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

4. Who in your life would be willing or able to help you implement your action plan? Consider spouse, friends, mentors, counselor, clergy, acquaintances, boss, colleagues, others? Should you ask for help or do something on your own? Who are your role models? Whom do you admire who you can ask for advice about living a better life in alignment with your ideal priorities and life purpose?

5. Now that you have these lists in mind, ask yourself the following questions:  
What specific steps could I take to bring my current time priorities more in line with my ideal life? Give yourself adequate time to implement an action plan. You don't have to complete everything all at once. You may have ideas that occur to you later in the days or weeks ahead. For now, write down at least one idea for each of the following:

What specific steps could I take to bring my current time priorities more in line with my ideal life?

Right now?

Over the next week?

Over the next month?

Over the next year?