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?