



Sacred Depths Certification

Priorities Bullseye Worksheet

- 1) Write down all the things that are important to you in your life or you would like to be important, starting now (e.g. work, family, hobbies, self-care, travel, etc). Be as specific as you can.

Pay attention to the details and also really naming your true priorities, the ones connected to your heart and desires. You can do this for your life in general or for your work specifically

- 2) Look over the list of things you wrote, choose the top TWO priorities (this doesn't mean this is where you will spend most of your time. This is just what's most important to you). Write those two things in the inner most circle on the bullseye.
- 3) In the next circle write the next two most important things.
- 4) In the next circle, write out the next two most important things. In the next circle out, you can add the next top 3 priorities. If you have a circle left you can add the next top 3 priorities.
- 5) Anything left goes on the very outer edge.

Once completed, this is a somewhat ideal picture of how you want to live your life with the center being the most important, according to the priorities you have established. The things in the center, you want to keep them front and center in your life. This doesn't mean they have to take up the most time. You simply want to keep them as your primary focus.

Reflection

- > Look at the diagram you created, what can you learn or observe?
- > You've created a snapshot of your life, as you want it lived. How in line is this bullseye with your actual life right now?
- > Are you creating time and space for the things that matter most to you? Or are things on the outer rings getting top priority?

