



Everything Is Possible

Dream BIG: Exercise

Life Planning Exercise 1 – Defining My Why

Everything is Possible is about creating the life of your dreams. The first step to creating that life is to define your priorities. These are the things in life that are most important for your happiness, so dream big!

The list below shows some areas on which many people focus their lives. Select the three that are most important to you, and use your program’s “Highlight” function to identify your choices (or make your own notes elsewhere). If one or more of your top three are not on the list, just add them in the empty cells below. Although more than three things are probably important to you, it is critical to start with a list of your top three. This will allow for the greatest focus from which to jump start the *Everything is Possible* mindset.

Step 1 - My Life Priorities - Identify and highlight the three priorities that are most important to you, adding in any not listed in the blank fields.

Common Life Priorities

Family	Community	Education
Career	Friends	Spirituality
Health/Wellness	Children	Marriage
Financial Stability	Philanthropy	Entertainment
Hobbies	Artistic Pursuits	Sports/Fitness