



Expand and align

Prioritise 2014

Worksheet 3
b-elastic | stretch your life



Prioritise 2014

Welcome to your third worksheet in the “Get ready for your new year” series. (Find the earlier ones here <http://bit.ly/1hHlrz5> and here <http://bit.ly/1cwedbb>)

In your “Goodbye 2013” and “Decode 2013” worksheets, you reviewed 2013 in all its glory and then unpicked what this meant for you. There’s lots to do in this worksheet too – aspirations, logic and reality, value and belief drivers. Eek! Don’t panic. Step by step, these come together as a prioritised list of 2014 goals.

First, take a moment to re-read your worksheets. How’s the final exercise in “Decode 2013” sitting? If your answer is “it’s making me grin”, great. If you’re getting any hints of frustration or squirming in your tummy, please tweak, delete or add to it until you get that warm, fuzzy feeling inside.

Worksheet 4 “Action 2014” will wrap up this process and give you that schedule-able set of activities to deliver your 2014 promise to yourself.

Enjoy!

Sarae



Expand your horizons

Imagine you have a magic wand - you lack nothing you need to make your 2014 amazing. Not money, time, gurus, supporters, space, energy, knowhow... nothing.

Go wild - this is childlike playtime, without the rational adult constraints. Anything goes! Seek to build on your thinking from the first two worksheets* to explore what's possible in 2014.

Be creative! Draw, or write, whatever works for your playful brain.

* Consult your Turn on, turn off and turn up, Spot the difference and Mind the Gap exercises.

I work as / in / by (e.g. role, organisation, function, specialism)

I earn (e.g. figure or description - "enough to allow me to....")

I spend my time with (e.g. people, pets, mentors)



I connect with others by / through / at (e.g. events, meals, volunteering)

I keep my mind and body health by

I learn and grow by / through / in (e.g. skill, knowledge, experience)

I socialise and have fun by (e.g. cinema trips, cycling,)

I visit (e.g. place, location, people)



I live in / at / by (e.g. Paris, top floor eco flat, the seaside)

Use these rows to create your further 2014 aspirations

Add your own

Add your own

Add your own

Read over your aspirations – could you add any more strrrreeeeetch? Also check for overlap and duplication: either edit, amend or combine to finalise your aspirations!



Reality bites

Engage your adult brain to overlay your logic and reality to your magic wand aspirations. What goals emerge? Is there still stretch in them?

Add a leaf to the tree trunk for each of your goals.

e.g. I want to live by the seaside (aspiration), but my work is a 2 hour commute from the coast, which doesn't appeal to me (reality), so my goal could be to live by a river or visit the seaside every month.





Find the connections

Behind our actions and behaviours lie our values and beliefs. By aligning your goals to them, you build motivation and energy. Highlight or underline your top 10 values and beliefs.

Something missing? Add it in!

Accountability	Determination	Intimacy	Resilience
Achievement	Devotion	Intuition	Resourcefulness
Acknowledgement	Direction	Involvement	Respect
Advancement	Drive	Justice	Self-belief
Altruism	Empathy	Kindness	Self-control
Ambition	Energy	Knowledge	Self-reliance
Assertiveness	Ethics	Learning	Self-respect
Balance	Excellence	Love	Service
Beauty	Fairness	Loyalty	Sexuality
Belonging	Family	Meaning	Sharing
Bravery	Financial independence	Mindfulness	Significance
Challenge	Health	Motivation	Spirituality
Change	Flexibility	Nature	Spontaneity
Collaboration	Flow	Openness	Strength
Community	Freedom	Optimism	Support
Compassion	Gratitude	Originality	Teach
Confidence	Growth	Passion	Trust
Congruency	Heart	Peace	Understanding
Connection	Honesty	Power	Vision
Consciousness	Imagination	Practice	Warmth
Contribution	Impact	Presence	Wealth
Courage	Independence	Professionalism	Wisdom
Creativity	Influence	Purpose	
Curiosity	Inspiration	Reflection	
Dedication	Integrity	Religion	

Which word(s) connects and supports your tree's leaves? How does it add energy to your goal? Make a note against each leaf.



What next?

Prioritise your goals by comparing a leaf with another and asking yourself “which I am most drawn to?”. Take that one and compare it with a third leaf. Keep comparing and holding onto the one you’re most drawn to until you’re down to one. This is your no. 1 goal! Then start with a new leaf and work your way around the remaining leaves to discover no. 2 and so on.

As they emerge, list your prioritised goals with their connected values and beliefs here:

1.

Next week, your final worksheet “Action 2014” gets you moving by creating your 2014 schedule and intentions!



Hello there. I'm Sarae Pratt. Have we met yet?

With 10 years plus as a Coach, Trainer and Pilates Instructor, I draw from a toolkit of techniques, tools and experiences to meet your specific challenge, ambition and hope.

I bring together my natural curiosity and keen sense of inquiry to uncover, action and help you achieve your goals and passions. My personal genuine empathy, creativity and tenacity with my upbeat style and energy make me a unique person to work with.

Why not book a coaching session, face to face in London or on Skype anywhere? I also run workshops and training events alongside working to rehab my Pilates students back to maximum functional fitness. Check out www.b-elastic.com for the details on working with me.

You can connect with me through the links below or if you have more to say than a post or tweet, drop me an email on info@b-elastic.com



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