

*Find Your True Priorities
A Self-Discovery
Exercise*



This worksheet is part of the free coaching tools by Mibosma.



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Discover what really matters and start living by it...



"The key is not to prioritize what's on your schedule, but to schedule your priorities."

Stephen Covey

Welcome!

This quick & powerful worksheet will help you:

- 🌱 Identify what really matters to you.
- 🕒 Notice where your time is going.
- 🎯 Realign your actions with your true values.
- 💡 Step into more clarity, confidence, and calm.





STEP 1:



Define What Matters?

List your top 5 values or things that matter most to you. Think about what brings meaning, energy, or deep satisfaction.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____





STEP 2: Mibosma

MIND, BODY, SOUL

Where Is Your Time Going?

Reflect on your past week. How did you spend your time?

Be honest. What took up the most space in your day-to-day life?

Example categories to think about: Work, scrolling, rest, social life, family, creative time, health, learning...

Your reflection:

1. _____
2. _____
3. _____
4. _____
5. _____



STEP 3: Mibosma MIND, BODY, SOUL

Align & Adjust

Compare your answers from Step 1 and Step 2.

Are they aligned?

If not, what can you change to honor your true priorities more consistently?

Write 2 small actions you will take this week:

Action 1:

Action 2:



 **Keep Going!**

This is just the beginning of your self-discovery journey.

➔ For more tools & free resources:

<https://mibosma.com>

