

Periodic Priority Probe

<http://github.com/jpeelle/periodic-priority-probe>

Name: _____

Date: _____

Think through all of your activities and sort them into List 1 and List 2. Use List 3 to think about what's missing, and List 4 to come up with concrete steps to change your life. Repeat at least every 6 months.

List 1: What are the things I am doing that I would like to keep doing?

Things I'd like to keep the same

Things I'd like to do more of

List 2: What are the things I am doing that I want to *stop*?

Things I'd like to do less of

Things I'd like to stop completely

List 3: What are the things I am not doing but would like to *start*?

List 4: Over the next 6 months, what concrete steps will I take to lengthen List 1, shorten List 2, and/or move items from List 3 to List 1?

(Even one concrete step that actually works can make a huge difference!)

☐ Next periodic probe put on calendar