

Mastering Your Priorities

Close the gap between your stated priorities and your lived ones.

An alignment worksheet based on Chapter 3

FROM CHAPTER 3 • PAGE 8

“Our priorities are the north star defining our direction and ultimately who we are.”

— Chris Masiello

How to use this worksheet:

1. Separate your active priorities from your passive ones (10 min).
2. Write one priority for each of the five subsets.
3. Chart your week daily, then check your alignment.

Which priorities did you choose — and which crept in?

Active priorities are the ones “we consciously establish when we make big decisions or focus on how we want to be living.” Passive priorities are the “actions and habits” that “creep in unconsciously.” (p. 8) Neither gets judged — they just need to be seen.

01 My active priorities

The ones you've deliberately chosen, tied to your vision.

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

02 My passive priorities

The ones your habits reveal — where your time actually goes.

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

FROM CHAPTER 3 • A WORKED EXAMPLE (PP. 8–9)

“I might say I want to become a morning person... my priority would be to go to bed earlier for more sleep. On the flip side, my passive priority is to get current on a favorite show, and that involves binge watching late into the night... we can see how both of those priorities are in conflict.”

One priority for each area of life.

Chris breaks priorities into five subsets — in a deliberate order. Family is third “because if you do not tend to your personal growth and health, you cannot effectively help your family.” Work is last: “We are people first, employees second.” (pp. 9–10)

1 Personal growth

my one priority here:

2 Self-care

my one priority here:

3 Family

my one priority here:

4 Friends

my one priority here:

5 Work

my one priority here:

Six months out — for your top subset, where should this priority get to?

“Tie this back to your vision, and try to set a goal and imagine where each of these priorities should get to in six months, twelve months, two years.” (p. 10)

01 Which subset have you been treating as last that belongs higher — and what would moving it up change?

The chapter's own exercise — see what your days say.

"Take a week and chart your major activities each day. Use that to see if what you were doing was on target with your priorities." (p. 10)

MONDAY	My major activities today: What they say my real priority was:	ON TARGET? ☐
TUESDAY	My major activities today: What they say my real priority was:	ON TARGET? ☐
WEDNESDAY	My major activities today: What they say my real priority was:	ON TARGET? ☐
THURSDAY	My major activities today: What they say my real priority was:	ON TARGET? ☐
FRIDAY	My major activities today: What they say my real priority was:	ON TARGET? ☐
SATURDAY	My major activities today: What they say my real priority was:	ON TARGET? ☐
SUNDAY	My major activities today: What they say my real priority was:	ON TARGET? ☐

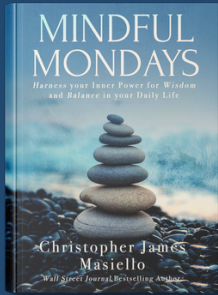
BE KIND TO YOURSELF

There will be slippages and lapses. Get back on track without judging yourself. You are not looking for perfection — progress will do just fine.

KEEP GROWING

This is Chapter 3. There are 49 more.

Each chapter of Mindful Mondays comes with a video and a practice tool like this one. Work through them at your own pace — one Monday at a time.



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