Getting Started

Welcome to the first worksheet for the On the Right Path course!

Feel free to *fill it out on a computer or print pages 3-4* if you’d prefer to fill it out with a pen or pencil.

In this course, you’ll go you through the process of:

1. Defining your core values, what matter most to you.
2. Setting clear goals for the ideal of each area of your life.
3. Creating systems for tracking & accountability to achieve them.

This worksheet will focus on your starting point, where you are now. We’ll use this to figure out where you want to go from here.

Ready? Let’s get started!

Starting Point

1. Priorities: First, let’s brainstorm at a high level. Write anything that comes to mind when you hear questions like “What is important to you?” or “What are your priorities in life?”

2. Current Situation: How would you describe your current life situation? Any recent big life changes? Note: This is not your goal, just be honest about where you are and how you feel about things.

Now that you’ve thought through your life at a high level, the next step is to do a time inventory, outlining how you spend your time on an average day. This will be compared to an ideal day later on.

| Time | How I typically spend this time |
| --- | --- |
| 12am - 5am |  |
| 5am - 6am |  |
| 6am - 7am |  |
| 7am - 8am |  |
| 8am - 9am |  |
| 9am - 10am |  |
| 10am - 11am |  |
| 11am - 12pm |  |
| 12pm - 1pm |  |
| 1pm - 2pm |  |
| 2pm - 3pm |  |
| 3pm - 4pm |  |
| 4pm - 5pm |  |
| 5pm - 6pm |  |
| 6pm - 7pm |  |
| 7pm - 8pm |  |
| 8pm - 9pm |  |
| 9pm - 10pm |  |
| 10pm - 11pm |  |
| 11pm - 12am |  |

All set? Awesome! Now you’re ready to watch the Life Score lesson.

This is where you’ll finish assessing your current situation, so you can figure out your ideal scenario for each area of your life and set clear goals based on your values.

Keep making progress!

