



# 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 page 3 on* 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 matters 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!

*Kyle Richey*