IDENTIFYING WANTS AND SHOULDS, PRIORITIES AND DEMANDS

Wants, shoulds, priorities, and demands are highly individual and determined by your personality, culture, past experiences, and the circumstances of your life.

Call to mind a particularly stressful or overwhelming situation. Make a list underneath each heading of your wants and shoulds in this situation.

Imagine that each “want” you’ve identified is a weight on a balance and each “should” is a weight on the other side of the balance. Is one side heavier than the other? Are you attending to one side more than the other? Is the weight on one side of the balance so heavy that it is close to the breaking point?

Ask yourself which internal shoulds you can let go of to make room for your wants. Mark the 3 wants that are of the greatest importance to living a joyful and interesting life.
Now make a list underneath each heading of your priorities and the external demands that you face.

Imagine that each “priority” you’ve identified is a weight on a balance and each “demand” is a weight on the other side of the balance. Is one side heavier than the other? Are you attending to one side more than the other? Is the weight on one side of the balance so heavy that it is close to the breaking point?

Ask yourself which demand you can negotiate to put off or delegate to make room for your priorities. Mark the 3 priorities that are of the greatest importance to living a life that is fulfilling to you rather than one that is meaningful to someone else.