Week 4 Homework – Priority

1. Partner chooses three tasks that they are having difficulty prioritizing (choosing what to do first, what to delay).
2. Ask what is important about each of the three tasks. Make sure the answers are “parallel” (same kinds of information about each). Make sure that they are clear about what they want around each task. (E.g. Why do you want to do that? How will you know it’s been done properly?)
3. Go through each task. What do you feel when you think about doing this one first? What do you feel when you think about NOT doing this one first?
4. One at a time, for each of the 3 tasks, ask “what would have to be true for you to choose this task first without hesitation.”
5. One at a time, for each of the 3 tasks, ask “what would have to be true for you to choose this task last of the three?”
6. One at a time, for each of the 3 tasks, ask “what would have to be true for the top two tasks to have exactly equal priority for you?”
7. Now that you’ve done all that thinking, do you know what sequence you will choose for the three tasks? What do you feel about the choice you’ve made about each task?

Integrity with Self

1. What is the ceremony / ritual that you have chosen to mark a commitment to yourself?
2. Talk about ONE thing you are out of integrity with yourself about.