

The First Thing you **MUST DO** to Prioritize Your Life

Believe it or not, the first thing you must do to prioritize your life is related to feelings and emotions.

This is by far the most important step in the **Life Planning** process. Before setting goals, before creating that awesome bucket-list, before developing your next to-do list, before, before, before.

It's part of the process that is often overlooked so I'm hoping by the time you're done completing this workbook, you'll make it a priority in your life.

First and foremost, we must get clear about the FEELINGS we want to experience in life before we decide what we want to HAVE.

Most of us start with what they want to have in life (people, places and things) without giving thought to how those people, places and things will make us feel.

Then we're surprised when some of those things materialize in our lives and our feelings about life haven't changed.

Therefore, as we cycle around in the life planning process (DREAM \diamond PLAN \diamond CREATE), we need to frequently stop and ask ourselves, "do the people, places and things I want to have in my life match the feelings I want to experience?"

So, how do you figure out the feelings you want to experience?

1. Start by circling all the **feelings** you are **CURRENTLY** experiencing on page 2.
2. Circle all the feelings you **WANT** to experience on page 3.
3. Complete the Feelings Inventory on pages 4-5.

Are there feelings on your 'current' list that are not on your 'want' list? These are areas to focus on while life planning and goal setting. These are the areas to **prioritize in your life**.

Once you get clear about the feelings you want to have in your life, you can begin to examine current areas of your life that are not positively contributing to that experience.

Once you finish this process, you're on your way to ensuring that your life plans and goals may actually improve the quality of your life.

I would love to hear how this process goes for you. Join me in the 'Determined to Love Mondays' [private FB community](#) to share and get input from me and others. You can find the invite link at the top of the page at www.determinedtolovemondays.com.

I look forward to meeting you there! Karen

If you're ready to get started on the life planning process, I've got an awesome workbook that will lead you through the process from start to finish. **Check it out at www.etsy.com/shop/lovingmondays.**

You'll be amazed at how quickly it can help you **prioritize** your life and **motivate** you to move forward.

150 Feelings & Emotions to Describe Your Life

Circle ALL of the words that CURRENTLY describe the feelings you have in and about your life.

Abandoned	Critical	Giddy	Joyful	Resentful
Accepted	Curious	Gloomy	Lazy	Respected
Aggravated	Cynical	Grateful	Lethargic	Restless
Alienated	Depressed	Grumpy	Liberated	Ridiculed
Amazed	Despair	Guilty	Light-Hearted	Sad
Amused	Determined	Happy	Lonely	Sarcastic
Annoyed	Devastated	Harmonious	Loving	Satisfied
Anxious	Dignified	Hateful	Mad	Scared
Apathetic	Disappointed	Heartbroken	Mellow	Shocked
Apprehensive	Disapproving	Hesitant	Motivated	Sick
Ashamed	Disgusted	Hopeful	Nervous	Simple
Astonished	Disillusioned	Hopeless	Nostalgic	Skeptical
Avoidance	Dismayed	Hostile	Numb	Somber
Awed	Disrespected	Humiliated	Open	Startled
Awful	Distant	Hurt	Optimistic	Stressed
Bitchy	Eager	Ignored	Overwhelmed	Submissive
Blah	Ecstatic	Important	Painful	Suspicious
Blissful	Embarrassed	Inadequate	Passionate	Tense
Bored	Empowered	Indifferent	Peaceful	Terrified
Calm	Empty	Inferior	Pessimistic	Thankful
Cheerful	Energetic	Infuriated	Playful	Threatened
Cold	Enraged	Insecure	Powerful	Uncomfortable
Confident	Envious	Insignificant	Powerless	Vengeful
Confined	Excited	Inspired	Proud	Violent
Confused	Exhausted	Interested	Refreshed	Victimized
Complacent	Exhilarated	Intimate	Rejected	Vulnerable
Cranky	Frightened	Intimidated	Rejuvenated	Weird
Content	Frustrated	Irritated	Relaxed	Withdrawn
Courageous	Fulfilled	Isolated	Relieved	Worried
Creative	Furious	Jealous	Remorseful	Worthless

150 Feelings & Emotions to Describe Your Life

Circle ALL of the words that you WANT to describe your life.

Abandoned	Critical	Giddy	Joyful	Resentful
Accepted	Curious	Gloomy	Lazy	Respected
Aggravated	Cynical	Grateful	Lethargic	Restless
Alienated	Depressed	Grumpy	Liberated	Ridiculed
Amazed	Despair	Guilty	Light-Hearted	Sad
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and things I want
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match the feelings
I want to experience?