



Prioritizing Your Elephants

When you're feeling overwhelmed with too much to do, it's hard to determine which elephant you need to address first to improve your situation. This exercise will give you the clarity you need to determine which elephant needs your attention...NOW!

Instructions

- *Make a list of the tasks, situations, challenges, or even opportunities that feel "heavy" to you right now. Reflect on all three areas of your life.*
- *Review your elephants and using the boxes below, put each of them into one of the four boxes based on priority and your perceived level of control.*
- *Select 1-2 elephants from Box 1 you could (and should) start addressing as soon as possible.*

My Elephants

Self Ring

Relationship Ring

Work Ring

High Amount of Control

Low Amount of Control

High Priority	Box 1	Box 2
	Box 3	Box 4
Low Priority		