

Prioritisation Worksheet for Holistic Health and Well-being

**Prioritising your health and well-being is essential
for achieving balance and fulfilment in life.**



This worksheet is designed to help you reflect on your motivations and establish a clear order of priorities across various dimensions of your well-being, from physical fitness to emotional well-being and beyond. By creating a structured plan, you can focus your efforts on what matters most to you and cultivate a healthier, happier lifestyle.

Reflect on Your Motivations:

Prioritise your goals by assigning a number from 1 to 12 to each category below, with 1 being the highest priority and 12 being the lowest. This will provide you with a clear and concise view of your priorities, guiding your actions and decisions towards achieving holistic wellness.

Once you have assigned priorities to each category, you can use this worksheet as a guide to focus your efforts and resources on what matters most to you. Remember that achieving holistic wellness is a journey, and by taking proactive steps towards your priorities, you can enhance your overall quality of life and well-being.

"Health is a state of complete harmony of the body, mind, and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open."

– B.K.S. Iyengar

Reflect on Your Motivations:

Establish a 1 to 12 order to create a clear and concise view of your priorities.

Physical Fitness:

- Reach a fitness milestone.
- Boost strength or flexibility.
- Commit to daily physical activity.

Professional Development:

- Set career targets.
- Learn and grow in your field.
- Achieve a work milestone.

Inner Wisdom:

- Ignite Insights, Define Goals.
- Deepen Self-Connection.
- Optimise your Day.

Personal Growth:

- Read and learn.
- Master a new skill.
- Reflect on personal values.

Nutritional Wellness:

- Healthy Eating Habits.
- Hydration Practices.
- Experiment with Nourishing Recipes.

Sleep Hygiene:

- Establish a sleep routine.
- Enhance sleep environment.
- Develop bedtime rituals.

Mental Health:

- Practice mindfulness.
- Manage stress effectively.
- Incorporate breath-work for relaxation and clarity.

Digital Detox:

- Reduce screen time.
- Set tech boundaries.
- Reconnect offline.

Emotional Well-being:

- Foster a positive mindset.
- Seek out sources of joy and happiness.
- Build emotional resilience.

Financial Wellness:

- Set budget goals.
- Save a specific amount.
- Hit a financial milestone.

Social Connection:

- Strengthen relationships.
- Engage in social activities.
- Improve communication.

Time Management:

- Improve time skills.
- Plan realistic schedules.
- Prioritise effectively.

