



INTRODUCTION

A FREE INTRODUCTION TO PRIORITIES, ROLES, AND GOALS

PRIORITIES

What matters most?

ROLES

Who are you within it?
Relationships + responsibilities

GOALS

What are you working toward?

Priorities lead to Roles. Roles lead to Goals.

ONE QUICK WIN. ONE CLEAR NEXT STEP.

Life can feel crowded when everything seems important. PRG gives you a simple way to organize your attention around what matters, the roles you carry, and the goals that move you forward.

Complete this Introduction in about 10-15 minutes: choose up to three active priorities, define one role and one meaningful goal, then build a focused seven-day action.

1. CHOOSE YOUR ACTIVE PRIORITIES



You may have 3-7 important priorities overall. For this Introduction, select **up to 3 active priorities** that need your attention now. This is about focus, not ignoring the rest of your life.

Examples of priorities

Family

Work / Career

Health

Education

Finances

Community

Personal Growth

Faith / Spiritual

Write the three priorities that need the most attention now:

1

PRIORITY

Why does this need attention now?

2

PRIORITY

Why does this need attention now?

3

PRIORITY

Why does this need attention now?

2. DEFINE ONE ROLE + ONE GOAL

Choose **one** priority from Page 2. Then identify one important role within that priority and one meaningful goal connected to that role.



ROLE

A relationship or responsibility you carry within a priority.

GOAL

A clear result or action you are working toward in that role.

SELECTED PRIORITY

>

ROLE

>

GOAL

WHY THIS GOAL MATTERS TO ME

WHAT SUCCESS WILL LOOK LIKE

THE FIRST SMALL STEP I CAN TAKE

Keep it specific, measurable, and realistic for this season of life.

3. BUILD YOUR 7-DAY ACTION PLAN

Write the goal you chose on Page 3. Then choose the smallest actions that will move it forward during the next seven days.



MY 7-DAY GOAL

THREE ACTION STEPS

1

2

3

OBSTACLE I EXPECT

PERSON / RESOURCE THAT CAN HELP

7-DAY SCORECARD - CHECK EACH DAY YOU TOOK A MEANINGFUL STEP

DAY 1

☐

DAY 2

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DAY 3

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DAY 4

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DAY 5

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DAY 6

☐

DAY 7

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YOUR NEXT STEP: POWER PLAN - \$9.99

A practical planning guide plus one 50-minute guided session designed to turn clarity into action and create a focused seven-day plan.

CONTINUE AT
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