













Section 2B: Managing Conflicting Priorities • There will likely always be something that feels more urgent than doing this work • So you must be clear on WHY you want this • Here are the solutions: 1. Write a specific Goal 2. Set up a specific schedule 3. Create accountability 4. Manage your boundaries

What's Your Why? • What specifically do you want as a result of this program? • What will you see, hear, feel when you have it? • How will you know you have it? • What will the goal get for you or allow you to do? • Where, when, how and with whom do you want it? • For what purpose do you want this? (BOP!)











