

The List of 19

Resistance Training

STEP ONE:

Take a moment and list the top 19 projects or items you are currently spending your time on. This should not include daily required activities such as eating, sleeping, showering and/or working.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.

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STEP TWO:

Now, list your top two goals. You can list two goals for this month, this year, or your lifelong dreams.

1.

2.

What, on your previous List of 19, will contribute to these two goals?

What, on your previous List of 19, could be holding you back, wasting your time and/or energy, or can wait until you attain these goals?

What can you cross off your List of 19?

What is difficult to cross off your List of 19, though you know it may not be helping you attain your top two goals?

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STEP THREE: (extra credit)

List the five things in your life that bring you fulfillment.

1.

2.

3.

4.

5.

Are your two goals in alignment with these five things?

Are the items that remain on your List of 19 in alignment with these five things?

If not, why?