

The *Art* of Prioritization

Worksheet

At Essentialist, we're on a mission to simplify your life. In a world filled with endless tasks and distractions, our approach is refreshingly straightforward. It's about saying 'no' to the noise so you can wholeheartedly say 'yes' to what truly matters.

This worksheet is designed to help you identify your three key 'yes-es,' each comprised of three subcategories. These nine areas represent the focal points where most of your attention should be directed. Let's begin!

(1)

(2)

(3)
