Prioritize Your Life

November 11, 2026
A practical framework for deciding what matters, setting priorities, and using time with more intention.

Inside this guide

- Clarify personal priorities and compare them with current commitments.
- Make choices about focus, boundaries, and competing demands.
- Create routines for reviewing plans as circumstances shift.

Who it may help

For readers seeking a more considered approach to daily decisions and long-term priorities.

Putting the ideas to work

Use the prompts to choose one adjustment that reflects your current values and responsibilities.

The ideas are starting points rather than one-size-fits-all instructions. Adapt them to your goals, circumstances, and available resources.

Book details

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Download availability: After payment, download the complete ZIP package or the included PDF separately.