

Creating Your Absolute Yes List

(adapted from *Take Time For Your Life* by Cheryl Richardson)

Here are some fun questions to help you explore what's important to you. At the end, you will have a better idea of your values and what your priorities are now. Remember that values stay pretty consistent throughout your life, but your priorities change with your phase of life and your circumstances.

List three adjectives that describe you at your best:

- 1.
- 2.
- 3.

List three adjectives that describe you at your worst:

- 1.
- 2.
- 3.

These adjectives will tell you your strengths and weaknesses. We want to use our strengths and improve our weaknesses. Keep that in mind when you are setting goals.

Think of three people who have most influenced your life for better or worse. Write down the lesson that you learned from each.

- 1.
- 2.
- 3.

The lessons that you wrote down contain values that are important to you. Write down the values that were honored or violated in those experiences.

List four things that you are tolerating. (e.g., clutter, stress, rude people, job dissatisfaction)

- 1.
- 2.
- 3.
- 4.

List four things that you want more of in your life. (e.g., fun, money, exercise, satisfaction)

- 1.
- 2.
- 3.
- 4.

Below is a list of priorities. Number them so that your first priority is 1 and the priority with the least emphasis is 15. This is a snapshot of your priorities at this time. Our values stay pretty constant throughout our lives, but our priorities shift. Putting a priority lower on your list doesn't mean that you don't value it or think it's important. It just isn't something that you spend a lot of time and energy on now. For example, when my children were small "family" was high on my list of priorities. My children are grown now. I still love them dearly but they don't take the time and energy that they once did so "family" is way down on my list now.

- Friendship—Surrounded by nourishing, positive people
- Security—Guaranteed physical and/or emotional safety
- Money—Resources to do the things that you want to do
- Significant other—A healthy relationship with someone you love
- Family—A healthy relationship with everyone that you consider to be family
- Creativity—Opportunities to be creative, innovative, imaginative
- Challenge—Lots of stimulating variety in your daily life
- Service—A deep sense that you are making a difference
- Health—Physical and emotional health and well-being
- Learning—Opportunities for personal growth and learning
- Fun—Play, travel, exercise, music, hobbies
- Independence—Being autonomous
- Respect—Feeling validation, appreciation, and approval
- Spirituality—Connection to God or Spirit in a way that nourishes you
- Wild card—A value that was not mentioned that is important to you (e.g., humor)

YOUR ABSOLUTE YES LIST

You have a snapshot of yourself right now from these exercises/questions:

- 1. Strengths and weaknesses*
- 2. Values*
- 3. Priorities*

Explicitly knowing all of these things, what do you need to absolutely say “yes” to right now? What questions would guide you in making decisions? Your Absolute Yes List is unique to you so create it in any way that you want! (A few examples are on the next page.)

KATHY'S ABSOLUTE YES LIST (2002)

1. Am I going to get paid?
2. Will it move me forward in my chosen career of trainer and coach?
3. Will it directly help my husband or children?
4. Does it sound like fun?

KATHY'S ABSOLUTE YES LIST (2015)

I will say "Yes!" if it:

1. Pays me what I feel I am worth given my experience.
2. Moves forward in my career so I can earn more money.
3. Creates a passive stream of income.
4. Helps others in a significant way.
5. Strengthens my relationship with my husband or children.
6. Is fun!
7. Creates a legacy—something that will help my children and grandchildren in the future.

My addition for 2016:

8. Creates community.

Or (same things, different format)

Things I will say "Yes!" to:

1. Work for acceptable pay
2. Career enhancement
3. Passive income
4. Helping others in a significant way
5. My husband, children, family, and friends
6. Fun
7. Creating a legacy
8. Community