

Gather what matters.

Now that you've done your free writing project, you can go through your writing and pull from it the things that matter most to you. Some will be right there on the page. Some will occur to you as you read what you've written.

(Or if you haven't done the free writing project, you can do so here. Follow the link, watch the brief talk, then follow):

How I Got Here

You can also do this worksheet without having done the free writing project if you choose. In any case, it helps to get what matters most to you out of your head and onto the page, where you can see it and work with it.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Then, after you've written out the top ten things that matter most to you, it will be time to cull from this list, to arrive at your top three items. And to do that, you'll want to print this page either to paper or save it as a PDF to your computer, and then — get stoned. You can get stoned here:

Get stoned.

