

CURATE YOUR NEXT LIFE CHAPTER

GUIDEBOOK

PRIORITIZATION

FROM VOLERE
BY CATHARINE FENNELL



HI, I'M CATHARINE!

Thanks for downloading our prioritization guide.

I'm glad to see that you are putting yourself first! This simple action guide will help you to take active steps towards prioritizing yourself in your daily, weekly and yearly lives. Get off of autopilot and plan to choose yourself!

LET'S DO THIS!

Catharine

PRIORITIZATION RESOURCES



Prioritization starts with a mindset shift and then small micro-actions that change your habits and your prioritized choices and activities.

You will find resources here that let you take down notes on task prioritization, inspirational and aspirational goals and life alignment. This is all about you! When you focus on it you commit to it.



FUN FIRST

Rank the different areas of your life and level of prioritization. This will help you to think about what you want to focus on and take conscious steps to make it happen. Choose yourself and put fun first!

LIFE ALIGNMENT AND PRIORITIZATION

Health	_____ /10
Fun	_____/ 10
Relationships romantic	_____/10
Relationship with myself	_____/10
Relationships friends and family	_____/10
Money	_____/10
Travel	_____/10
Growth and expansion	_____/10
Purpose	_____/10
Achievement	_____ /10
Contributing and giving back	_____/10
Other _____	_____/10
Other _____	_____/10

Notes

PERSONAL PRIORITY CHECKLIST

Month: ..... **Week:** .....

Tasks	Su	Mo	Tu	We	Th	Fr	Sa
	✓						

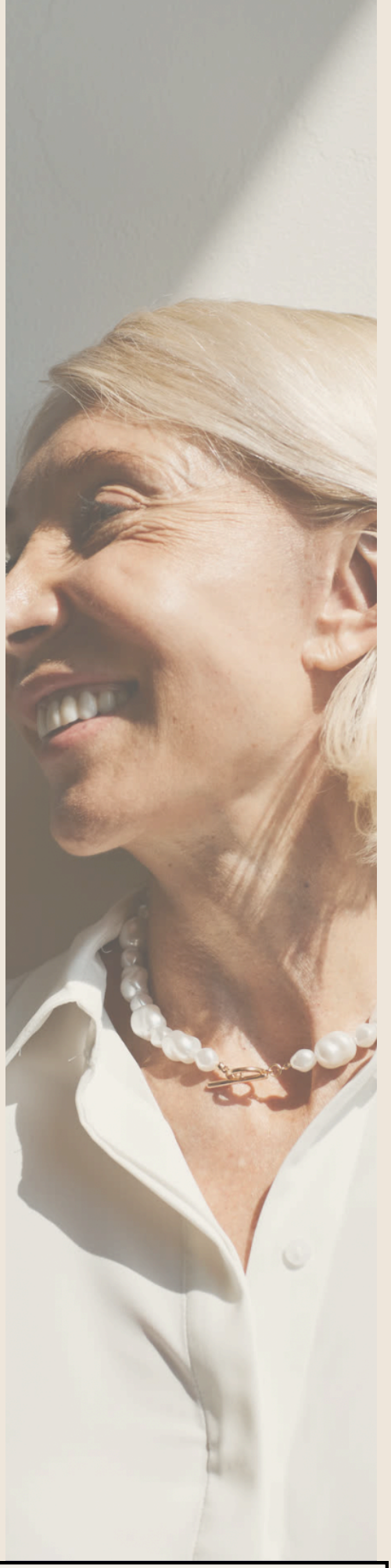
YOUR INSPIRATION NOTES:

If you are ready to go to the next level and really dedicate time and space for this life design practice, sign up for our 2-month course where you get weekly lessons, tools and strategies for your life design practice.

CURATE YOUR NEXT LIFE CHAPTER

COURSE OUTLINE

1. FOUNDATIONAL SELF DISCOVERY
2. THE INSPIRATION BOARD
3. OPTING IN
4. SAY GOODBYE
5. INTENTIONAL LIFE MAPPING
6. PUTTING YOURSELF FIRST
7. HIGH STAKES DECISION MAKING
8. ACTION AND ACCOUNTABILITY



PURCHASE FOR $395 WWW.VOLERE.AI

QUESTIONS? CATHARINE@VOLERE.IO