

### What's Truly Important Exercise. (Adjusted from the 7 Habits of highly effective people)



Imagine it's your 80<sup>th</sup> birthday.

Who do you want there- it could be your wife/husband – your children and grandchildren your extended family your friends and your favourite clients /customers who are now also friends.

List the important people to you.

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

What would you want them to say about you in short speeches? How will you want to feel when you hear what they say about you and reflecting on your life? Write their speeches first and how you want to feel second.

Person 1

Person 2

Person 3

Person 4

Person 5

(if you have more people that are important to you just print again for more space)

Finally-

What came up for you from this exercise. (there are no wrong answers)

What is most important to you based on your findings?

What 3 things will you act on right now to move you to the ideal outcome?

Put a deadline on when you will get the actions done.

If you need assistance with this email [info@anthonybeale.ie](mailto:info@anthonybeale.ie).