

Exercise 1: Identify and Prioritize your WOW!

To further clarify the priority WOW factors that emerged from the “want more” statements. In other words, ask yourself WHY you want more “health, exercise and ...”?

Some Examples

Physical: I want more health, exercise and a good diet.

Why? I want to feel energized all day long and have a little extra energy in reserve at the day’s end.

WOW Factor: Abundant Energy

Communal: I want to impact my community more.

Why? I want to have a part to play in the development of my community.

WOW Factor: Community Involvement

Intellectual: I want more mental challenge and stimulation.

Why? I want to exercise my mind and increase its creativity.

WOW Factor: Creative Thinking

My Priority Wow Factors:

Spiritual: _____

Why? _____

WOW Factor: _____

Physical: _____

Why? _____

WOW Factor: _____

Intellectual: _____

Why? _____

WOW Factor: _____

Community: _____

Why? _____

WOW Factor: _____

Emotional: _____

Why? _____

WOW Factor: _____

Consider your **WHY** for these WOW factors, and prioritize in which area you would like to begin working. Although you have used the SPICE formula to gather your information together, it may be time to rearrange the order of your WOW factors. Which one would you like to accomplish first? Which would give you the greatest sense of fulfillment and joy?

Rewrite your WOW factors in your order of priority:

1. _____

2. _____

3. _____

4. _____

5. _____