

# PRAY-CESSING TIER 1, TIER 2, AND TIER 3 GOALS

## **Materials:**

- Lined paper
- Writing implements: a favorite pen, a Sharpie, and/or pencil with eraser
- 3x3 Post It Notes, 2x2 Post It Notes, and .5x2 Post It Flags

## **Brainstorm**

Spend some time brainstorming a list of goals on the lined paper. You can do this all in one sitting. Or keep coming back to the list for 10-15 minutes every day for several days. Get them all down on paper, no matter how far-fetched any of them may feel.

## **Pray**

Spend time praying over your list. You might pray through the Start, Stop, and Swap questions on pages 186 and 187 of Exhale. Pray for discernment. Pray to be open to adding new goals to your list.

## **Sort**

Using Post Its, play with sorting your goals in terms of Tier 1, Tier 2, and Tier 3.

Start by looking for the one highest and broadest goal under which all the others naturally fit: this is your Tier 1 goal. Then look for smaller goals that are practical expressions of your Tier 1 goal; divide these between projects (Tier 2) and tasks necessary to complete the projects (Tier 3).

There is no one right way to do this exercise. You just want to end up with a chart that clearly identifies your Tier 1 goal at the top, your current Tier 2 projects in the middle, and your Tier 3 tasks at the bottom.

Post this as a reminder to keep losing who you're NOT, loving who you ARE, and living your ONE life well!