



LITTLE KRIS CREATIVE

(Solopreneur Sanity Tool) Priority Conflict Worksheet

Strategic thinking. Scrappy evolution.



GET CLEAR

Organize your thoughts
and ideas.



CLARIFY DIRECTION

Connect with what
truly matters.



TAKE ACTION

Identify your next
right step.



BUILD WITH CONFIDENCE

Move forward with focus
and intention.

PRIORITY CONFLICT WORKSHEETS

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Before You Begin

Many people don't struggle because they have too few options.
They struggle because too many things feel important at the same time.
The goal of this worksheet isn't to eliminate opportunities.
The goal is to identify what deserves your attention first.

Step 1: List Your Current Priorities

Write down everything currently competing for your attention.

1.

2.

3.

4.

5.

6.

Step 2: What Happens If You Ignore It?

For each priority, ask:

"What happens if I do nothing about this for the next 30 days?"

Priority

Consequence

Priority

Consequence

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Step 3: Look for the Conflict

Look back at the priorities you listed.

Which ones feel most urgent?

Which ones could create a real consequence if they wait?

Which ones are important but may not actually be urgent?

Are any of these priorities competing for the same time, money, energy, or attention?

Step 4: Notice What's Complicating the Decision

What is making it difficult to decide what deserves your attention first?

- Several priorities feel equally important
- Other people are depending on me
- There are deadlines involved
- I'm worried about what happens if I choose wrong
- One priority depends on another
- I don't have enough time or capacity for everything
- I'm not sure which priority matters most
- Something else

What information or clarity are you missing?

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Reflection

When several things feel important at the same time, the problem isn't always having too much to do.

Sometimes the harder problem is deciding what deserves your attention now and what can wait.

This worksheet helps you see where that conflict exists.
It doesn't make the priority decision for you.

What's Next?

You've identified what's competing for your attention and some of the reasons choosing between those priorities feels difficult.

Seeing the conflict is useful.

Deciding what actually deserves your attention requires looking at the priorities alongside your capacity, commitments, pressure, and what your business needs right now.

Solopreneur Sanity Tool | Studio Edition

Solopreneur Sanity Tool helps you work through competing priorities and business decisions when too many things are demanding your attention at once.

It helps you sort through what matters, what your business can realistically support, and what deserves attention now.

The decision stays yours. The tool gives you a clearer way to work through it.

[Explore Solopreneur Sanity Tool](#)

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Priority Lens - Priority Conflict Worksheets
**When everything feels important, start by
finding what matters most.**

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