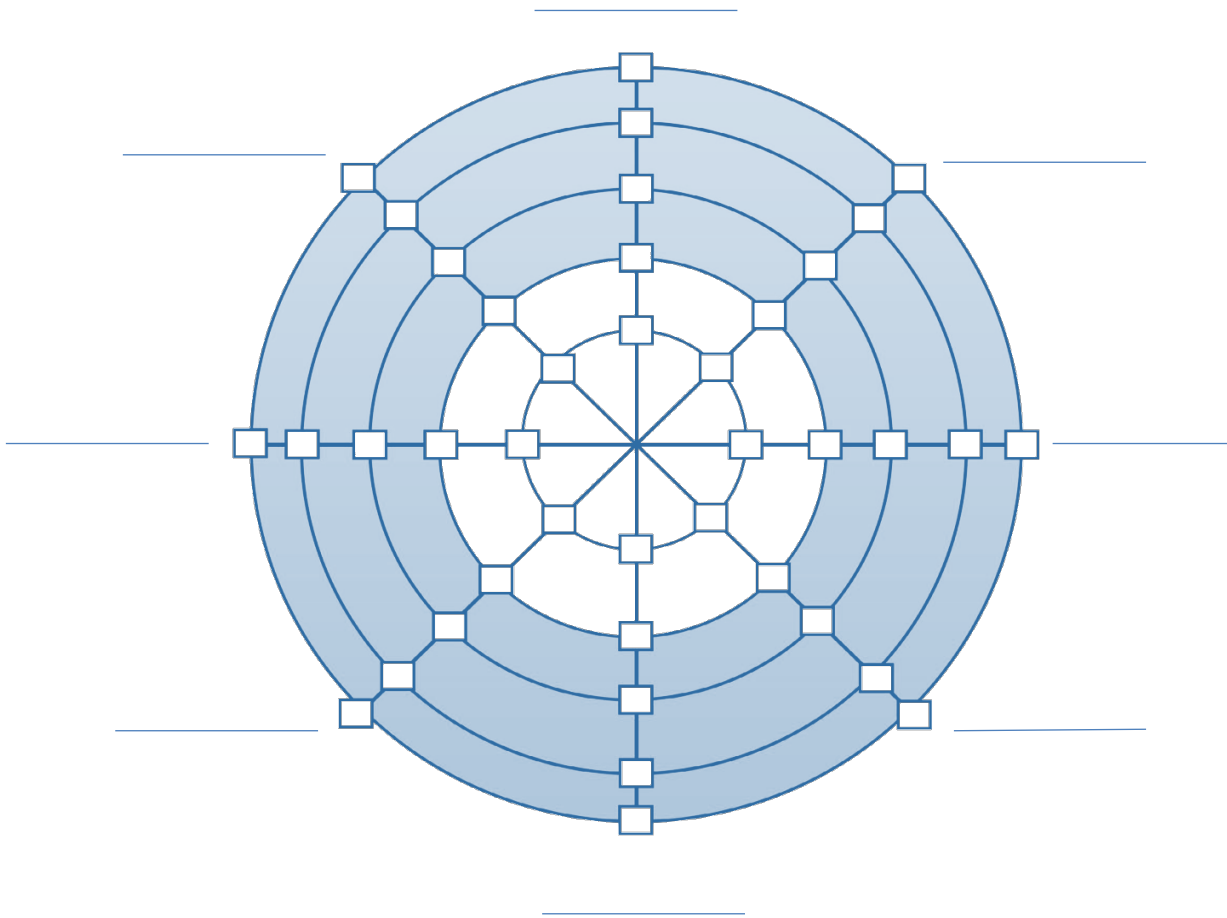


Life Priorities Exercise



1. First, choose up to *eight areas of your life that are most essential to your fulfillment* at this time. You can choose any type of category you like. For example: family, career, travel, prosperity, faith, creativity, organized home – anything that describes a very important area of your life or value. It might be hard to narrow it down, and the areas can change over time.

2. Second, rate *how much attention you currently give* to each area by filling in one of the small squares along the axis adjacent to that area. The center of the wheel is "0," meaning you are not giving any attention to this aspect of your life. The perimeter of the circle is "10," meaning you are giving the maximum amount of attention possible to this area. Connect the dots.

3. Rate how much attention *you would like to give* to each area at this point in your life. Connect the dots.

4. Finally, notice where the differences are between the two shapes. On which aspects of your life would like to spend more attention or time? Which parts of your life might be getting too much at the expense of others? What specific steps will you take to create more balance and fulfillment in your life? Use this exercise to help you focus on what is most important to you!