

Core Priorities

Core Priorities

What do you spend most of your time doing each week?

Day	Times	Activities
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

State your top three priorities as they have unfolded in your life over the past two to three years

- 1.
- 2.
- 3.

Your own words...

Now take the time to write out in your own words, a brief statement which reflects your Core Priorities in life. Here is a form to get you started. Add anything else you want:

The most important person in my life is _____,
and these people are also very important to me:

If I had to make a choice, I would **stop** doing these things:

the first thing I'd stop doing: _____

followed by these things:

But here is something I would **never** stop doing:

The top three or four values I hold about life and living are: