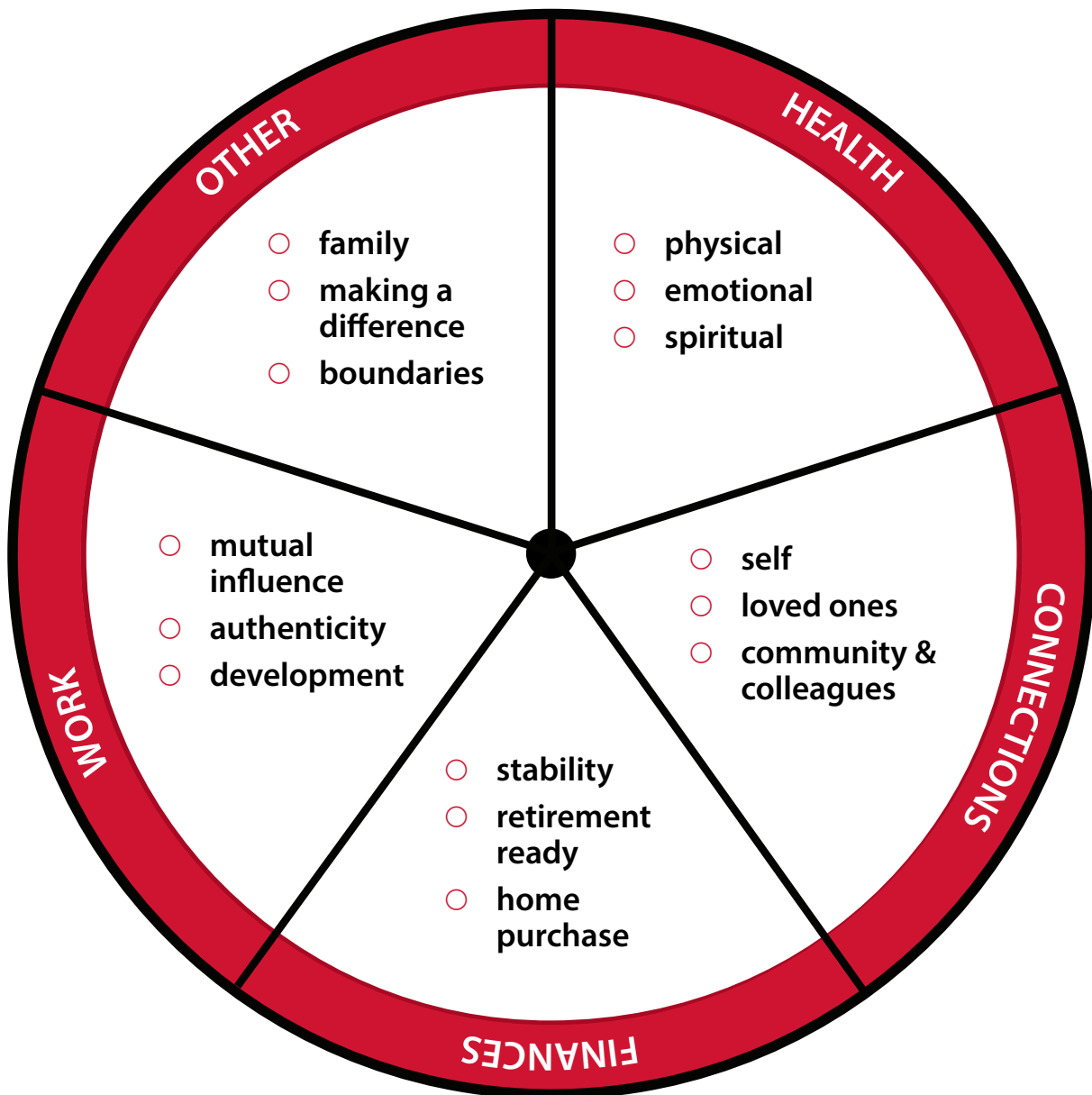


LIFE PRIORITIES ASSESSMENT

Consider your top 3-5 Life Priorities and spend a few minutes thinking about each of them. The graphic below includes the top four we commonly see, plus a spot for an area you'd like to add. We've also included a few notes in each section to get you thinking.

If these priorities differ from yours, we've created a blank graphic on the next page that you can personalize according to the things that matter most to you.

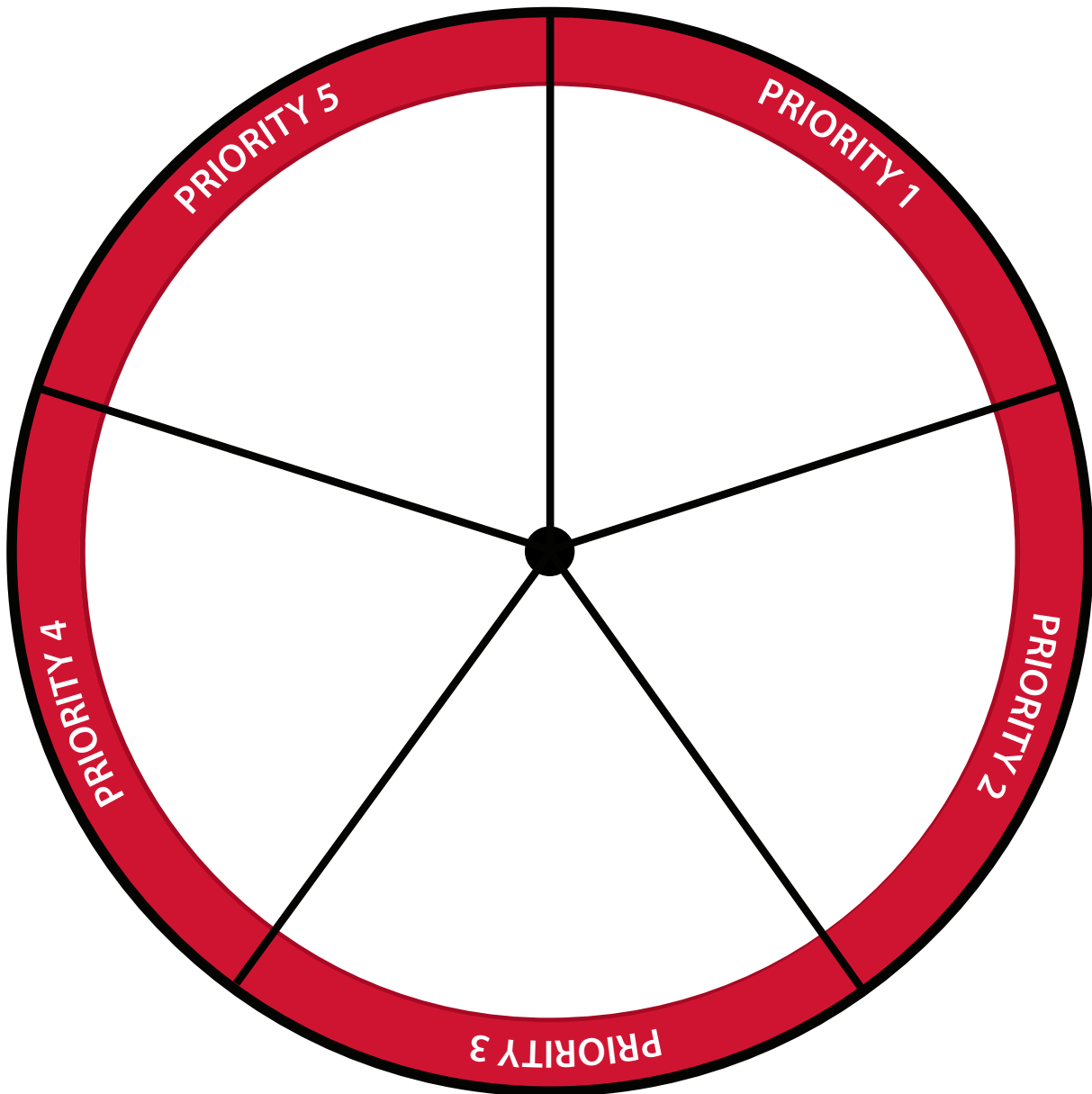
Write some notes in the graphic circle that works best for you, and/or consider using the questions on page three.



LIFE PRIORITIES ASSESSMENT

Consider your top Life Priorities and spend a few minutes thinking about each of them. If the assessment wheel on page one doesn't match your priorities, you can use this page to create a more personalized reflection.

If you'd like to do an additional reflection, consider using the questions on page three.



LIFE PRIORITIES ASSESSMENT

As you read through these questions, make some notes (or create a word cloud, write yourself a letter, draw, paint, etc.):

MY 1ST LIFE PRIORITY:

- What's been going well?
- What's been challenging or feels out of balance?
- What would I like to do differently moving forward?

MY 2ND LIFE PRIORITY:

- What's been going well?
- What's been challenging or feels out of balance?
- What would I like to do differently moving forward?

MY 3RD LIFE PRIORITY:

- What's been going well?
- What's been challenging or feels out of balance?
- What would I like to do differently moving forward?

MY 4TH LIFE PRIORITY:

- What's been going well?
- What's been challenging or feels out of balance?
- What would I like to do differently moving forward??

MY 5TH LIFE PRIORITY:

- What's been going well?
- What's been challenging or feels out of balance?
- What would I like to do differently moving forward?