

Helping you get from where you are now  
to where you want to be.

## Understanding Your Personal Priorities

To discover your Personal Life Priorities ...

- 1 Print the following two pages
- 2 Cut out the cards
- 3 Place them in order from *most* important to *least* important
- 4 Write down your top 10 priorities

*When you have finished ...*

- Write down the *reasons* for the order of your top 10 priorities.
- Now consider the 'golden goose that lays golden eggs':
  - ~ Which of your priorities take care of the goose so it can continue to lay golden eggs?
  - ~ Which of your priorities represent golden eggs?
  - ~ Which should be a higher priority - the goose or the golden eggs?
- Think about how *knowing* your priorities can help you make decisions?
- Consider whether you are *living* your life according to the priorities you have identified?
- Ask yourself "Was '*Myself*' my top priority?" "Is this selfish?"
- If you are in a relationship with children, how do you feel about the following order of priorities?

<b><i>Health</i></b>
<b><i>Myself</i></b>
<b><i>Partner / Relationship</i></b>
<b><i>Children</i></b>

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## Personal Priorities 'Cards'

<b>Work</b>	<b>Career</b>	<b>Sport</b>	<b>Recreation / Hobbies</b>
<b>Spirituality</b>	<b>Personal Development</b>	<b>Friends</b>	<b>Relatives</b>
<b>Qualifications</b>	<b>Family</b>	<b>Relaxation</b>	<b>Finances</b>
<b>Health</b>	<b>Challenges</b>	<b>Dreams</b>	<b>Fun!</b>
<b>Myself</b>	<b>Me-Time</b>	<b>Diet</b>	<b>Exercise</b>
<b>Partner / Relationship</b>	<b>Love</b>	<b>Romance</b>	<b>Children</b>
<b>Home / Environment</b>	<b>Passions</b>	<b>Siblings</b>	<b>Travel</b>

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## Personal Priorities List

<i><b>My Top Ten Personal Priorities</b></i>	<i><b>What they Mean to Me</b></i>
<b>1</b>	<b>1</b>
<b>2</b>	<b>2</b>
<b>3</b>	<b>3</b>
<b>4</b>	<b>4</b>
<b>5</b>	<b>5</b>
<b>6</b>	<b>6</b>
<b>7</b>	<b>7</b>
<b>8</b>	<b>8</b>
<b>9</b>	<b>9</b>
<b>10</b>	<b>10</b>

If you would like to know more about understanding your personal priorities or feel you need some help to make the most of this technique just [click here](#).