

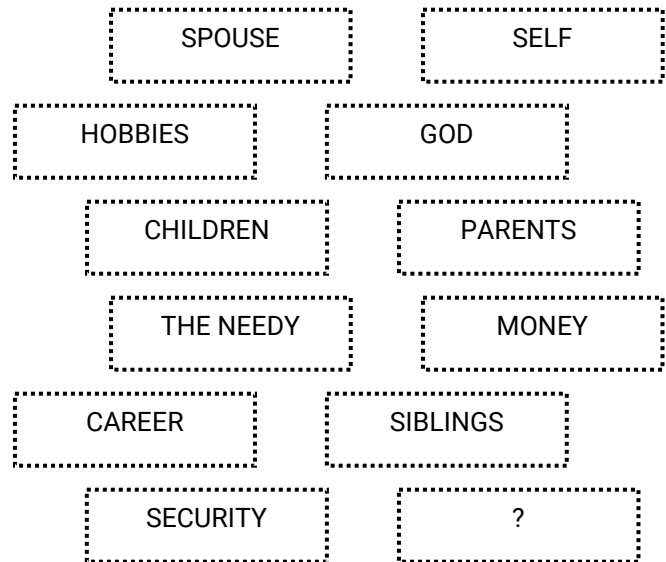


# Identify and Prioritize your Values

The dictionary defines priority as “precedence, especially established by order of importance or urgency”. What do you value before all else? What is most important in your life?

#	Ideal Values	Actual Values
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Write in your values to the left, prioritizing them from most important (#1) to least important (#10). Use your own words whenever possible. The following are supplied to help you get started.



It is difficult to live with our values in perfect sync with reality. Have you discovered any ways in which your actual values (day-to-day reality) are in tension with the way you want to live (your ideals)?

What would your life be like if you lived closer to your ideal values?

What is keeping you from living according to your values?

What can you do to remove these obstacles?

What changes will be necessary to live closer to your ideal values?