

Examining what are priorities in your life (Eexercise)

1. List the three material items you value most in the world.

A.

B.

C.

2. List the 3 beliefs or values that are most dear to you.

(For example: honesty, God, freedom)

A.

B.

C.

3. List the 3 relationships that you value the most.

A.

B.

C.

after Dr. Debbie Ohl, Personal Strategic Planning

You have now a total of nine items listed

Take the 9 items and prioritize them in terms of importance to you.

#

9. _____

8. _____

7. _____

6. _____

5. _____

4. _____

3. _____

Last to be dropped from your life

2. _____

1. _____

- Take the nine items and prioritize them in terms of importance to you.
- If you were in a desperate, a very difficult situation, and had to give up one items each day, what would be the first to go and what would be the last?
- Take the time to actually prioritise your list.