

Personal Reflection Exercises...

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My priorities are the things that are most important to me. Naturally, as I grow and change throughout my life's journey, different things become more important to me. ***Changing my priorities keeps me true to myself.***

When I pursue new goals, these goals may replace or take precedence over goals I had in the past. Changing my priorities incorporates these goals into an important place in my life and helps me succeed.

When love enters my life, I change my priorities again. I gratefully acknowledge my partner as one of the most important people in my life and redirect my priorities to allow for this change.

I create my daily schedule according to my priorities so the most important tasks are sure to get done. On some days, a new task, goal, or challenge may be more important for that day, so I accept this and remain adaptable.

I make my decisions according to my priorities. In this way, I always know that I am making the right decision for me. It brings me the confidence to go ahead and act on my decisions, knowing that regrets cannot hold me hostage.

In order to follow my heart and keep true to myself, ***I examine my priorities often and change them as necessary*** to reflect on what is most important to me.

Today, I plan to re-examine my priorities and re-set them with my most important people, goals, and tasks at the top.

Self-Reflection Questions:

1. What's most important to me?
2. Have I clarified my priorities to myself with these most important things at the top?
3. Do I make my decisions according to my priorities?