

I LIVE MY LIFE BASED ON WHAT IS IMPORTANT TO ME.

I find that when I am clear with myself about my life priorities, I make the best choices of how to spend my time.

When I choose to do what is important to me, I feel happier and more excited about my day. My life is a great adventure because I live how I want to.

I make each day count. During my work time, I invest my energies into job-related tasks. I pour my all into work while I am there. The career aspect of my life is fulfilling and I am proud of the job I do.

The place in my heart for my family is secure and strong. *Regardless of the stresses that may come my way today, I still spend time strengthening connections with those I love.* The quality of such relationships are at the top of my priorities.

My spouse and children matter more to me than anything else. Spending time with them brings me joy and contentment.

When I stay connected with the people, places, and things I love, I feel like I am living my best life.

Today, I devote my time to doing things that reflect my life priorities. I love my job and my family and the choices I make today reflect those feelings. I am living my best life because my priorities are clear to me.

SELF-REFLECTION QUESTIONS:

1. Are my priorities in life clear to me? What are my top five priorities?
2. Do my day-to-day choices reflect my top priorities?
3. What can I do to ensure that I live my life according to what is important to me?