

PRIORITIZING YOUR CURRENT ACTIVITIES

PART III



Worksheet 6

To get a clearer sense of how your time and energy reflect your priorities, it helps to begin by observing what fills your days—both by necessity and by choice. Which activities engage your heart, and which ones simply fill space? By identifying and ranking your current pursuits, you'll begin to see whether your energy is aligned with what matters most to you—and where small adjustments might bring more clarity, harmony, and fulfillment.



How do I spend my time?

Make a list of everything you do daily or from time to time. This may include paid work, caregiving, volunteer service, creative pursuits, personal projects, physical activities, and spiritual practices. If it takes time and energy, it belongs on your list.



Which do I consider my main activity at this time?

This may or may not be your primary source of income. Focus on the activity that currently occupies most of your time, and likely most of your attention.



How do I perceive my role and responsibilities?

Whether your role has been defined by others or set largely by your own decisions, consider what is expected of you, how much freedom you have in defining your role, and how you fulfill those responsibilities.

