

## Recognizing Your Priorities

Sometimes feeling out of balance is a sign that we need to reconnect with our priorities, especially the aspects of our lives that feel meaningful or bring us joy. Use this worksheet to reflect on and reconnect with your priorities.

Think of four things that fulfill you and bring you joy.

- 1.
- 2.
- 3.
- 4.

Are there certain things that you wish you had more time for? What are they?

- 1.
- 2.
- 3.
- 4.

What are the most important parts of your day?

- 1.
- 2.
- 3.
- 4.

Answering these questions can help you to identify your priorities!

