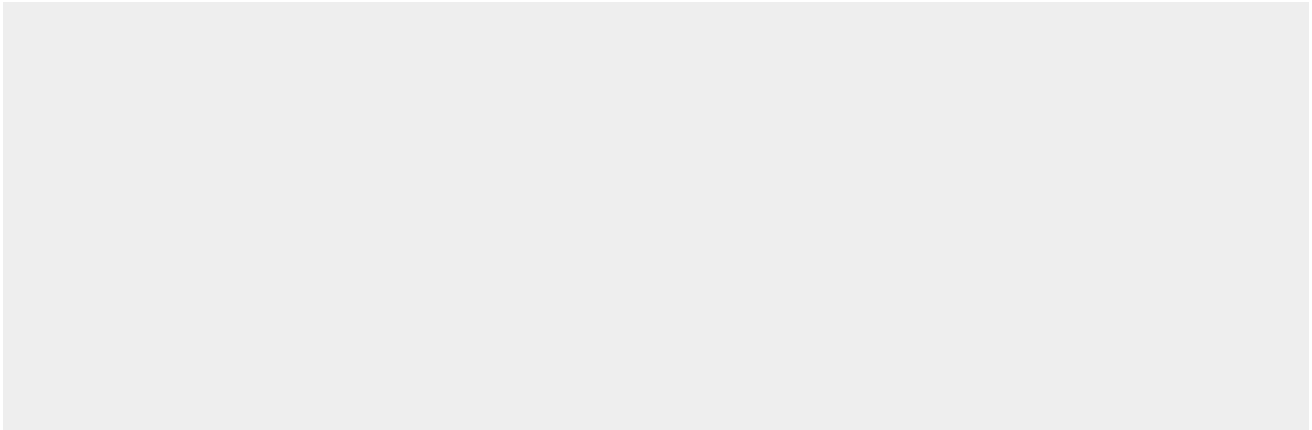


JOURNAL EXERCISE: DEFINING MEANING & NEEDS

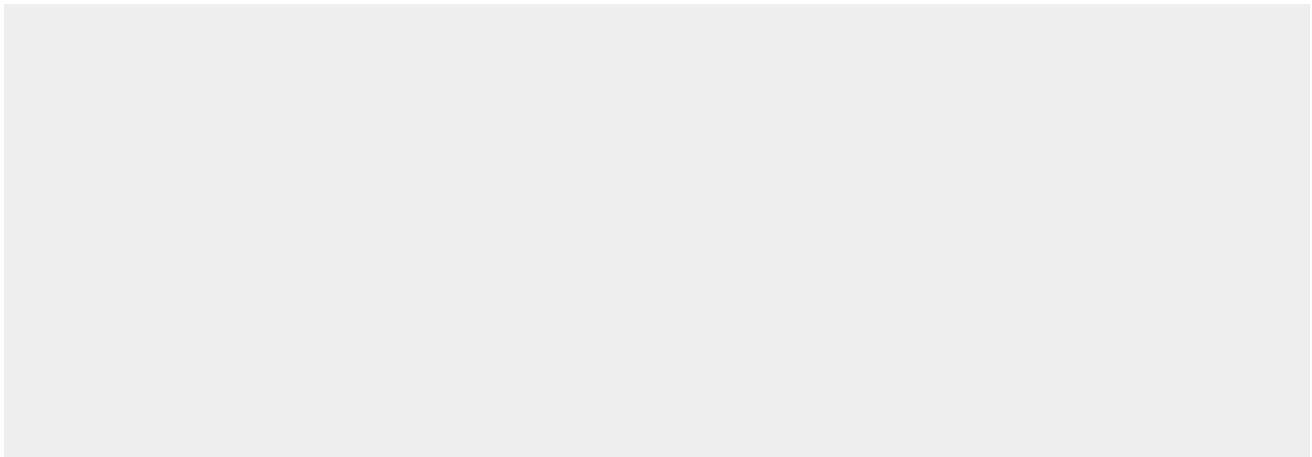
MY VALUES - WHAT HAS MEANING?

Write down the most important guiding principles in your life. Write them in the form of actions, as something that you do - for example, "Being of service."



WHAT IS MOST IMPORTANT? YOUR PRIORITIES

Remind yourself of what's important to you and what makes you happy. What do you prioritize (or at least try to prioritize!) in your life?



SIDE-BY-SIDE CHECK-IN

Do a quick copy and paste of your values and what's important to you below. Take a look at where they overlap (or where they don't!)

MY VALUES

**WHAT'S IMPORTANT
(PRIORITIES)**

SEE HOW YOU CAN REASSESS

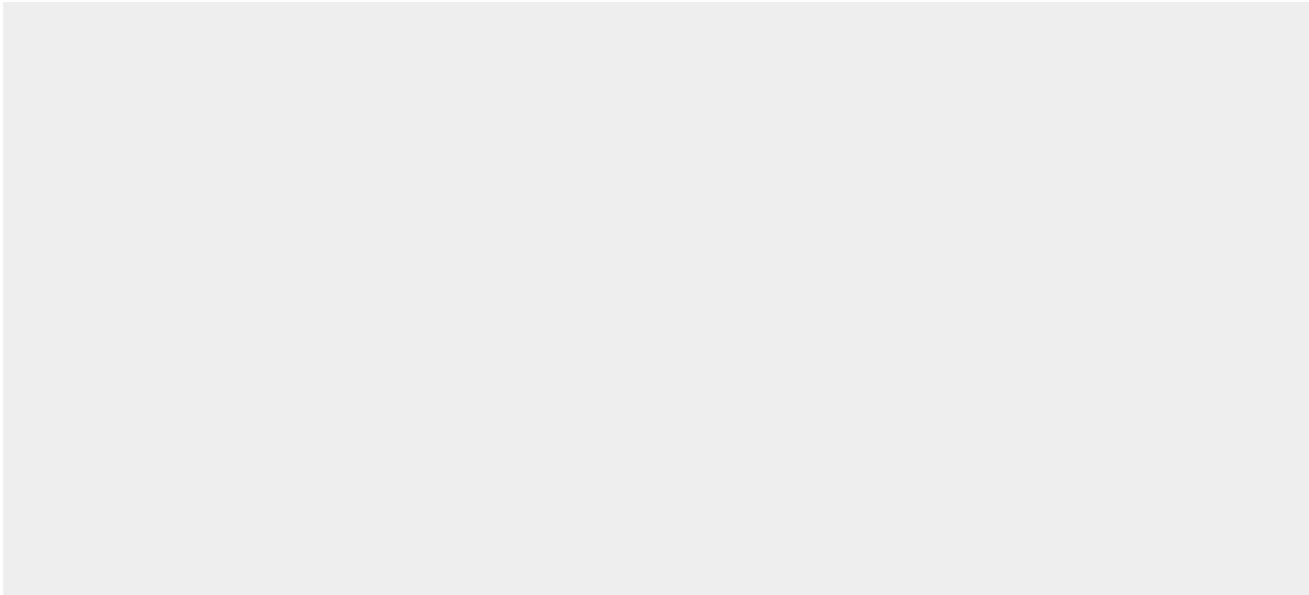
How might your values and priorities look when combined? Notice how close they are, how much they overlap, if at all - could you create a more specific list of Values based on this information? Let's create a new values list that includes your priorities. If there is no overlap, consider adding some of your Priorities to your Value list. Maybe you had overlooked those Values!

And if there is overlap, can they be combined?

For example, if one of your values is to "be of service" and one of your priorities is "quality time with loved ones," can these be combined to: "Being of service to those I love through quality time"?

YOUR NEW VALUES LIST

There is no right or wrong way to do this assessment. But it can help you to re-focus what you put your energy into, and to be clear on what's most important in your life!



WE ARE GOING TO CALL THIS NEW VALUES LIST "YOUR NEEDS LIST"

When you do intuitive work in the future, consider referring to this list in order to keep your needs clear.