

## It's time to reassess your priorities!

In the prepare module you answered a series of questions about what is important to you in life. But now you're five modules in to this course, you've done a lot of personal development. Your priorities may well have changed, which is why it's time to reassess them. Answer the questions below as honestly as you can.

***Take a break. Think about your life. What's really important to you?***

***How would you like to live your life?***

***Would you like to be healthy and vital? Write about your health and energy how you want it to be.***

***Would you like to have more fun with your family and feel the love? Write out how you want your family life to look and feel.***

***What are the things that are important to you, that in ten years time will make you proud?***

***What tasks do you perform each day that are in line with your priorities?***

***What kind of things are you doing right now that you're enjoying, and want to do more of?***

***How can you build more of those enjoyable activities into your day?***

***What were your priorities before starting this course? Have they changed? How?***

**\*\*Notes page\*\***