



Values

- 🔥 Core values are consistent throughout your life.
- 🔥 It's important to define your top core values and ensure that your actions are in alignment with them.
- 🔥 Priorities change throughout your life.
- 🔥 Your top three priorities now are an indicator of what you are spending most of your time and energy on at this point in time.
- 🔥 The Wheel of Life is a snapshot of your life right now. It gives an indicator of how satisfied you are with various parts of your life.

Application Question/Activity:

1. What are your top three values? Think of the words that you want to hear people use to describe you.
2. What are your top three priorities right now?
3. Complete the Wheel of Life to get an idea of where you are right now. You will use that information later to help you decide the best course of action to get where you want to be.