

## LIFESTYLE PRIORITIES

The kind of life you choose to lead (your lifestyle or life purpose) will be unique because of the value you place on some things ahead of others.

Some of your values will come from family background and the times in which you grew up. Some will come from a deep feeling within yourself. These are the values that will lead you to your unique life path or life purpose.

In the columns below, rate each of the items in terms of their importance to you. Be honest with yourself that the 'very important' items are truly your own values and desires. None are 'right' or 'wrong'. Each is just how it is for YOU at this time in your life.

	Very Important	Moderate	Unimportant
Having a very high income			
Having a comfortable income			
Having leisure time			
Owning my own business			
Being a parent			
Being in a long-term relationship			
Having a home of my own			
Helping other people			
Having excellent health			
Being able to control my environment			
Having recognition from others			
Having the approval of others			
Having a satisfying occupation			
Traveling in Australia			
Traveling overseas			
Having job security			
Being free to do whatever I choose			
Having adventure			
Close relationships			
Always living where I do now			
Music			
Art			
Sport			
Emotional satisfaction from my occupation			
Admiration of others			
Public speaking			
Understanding government politics			
Self understanding			
Spiritual growth			
Taking risks			
Being 'in charge'			
Gardening			
Creating garments			
Studying			
Reading for pleasure			
Financial success			
Status in the community			

Running a household			
Passing on my knowledge			
Living quietly			
Having many changes in my life			
Maintaining a steady lifestyle			
Taking an active role in the community			
Holding positions of leadership			
Holding positions of authority			
Having time to listen to and guide children and young people			
Studying for career advancement			
Studying for knowledge			
Being supportive			
Feeling supported			
Reading for information			
Reading for pleasure			
Writing for self-expression			
Writing to convey information			
Addressing large gatherings			
Addressing small gatherings			
Only doing things I can do perfectly			
Valuing the opinions of others			
Having my opinion valued			
Being instrumental in changing the state of the world			
Having peace and contentment			
Being independent			
Having fun			
Being self-employed			

If your values and your present life experiences are not matching up, you would benefit from some assistance in getting more of what you want in your life.