



# ALIGNING PRIORITIES

In order to best address how you are spending time, resources and energy fill out the below columns to the best of your ability. **Involved**, should include commitments you have made that you feel dedicated to. For example, singing in the choir, grant writing at your work. The **Involved** category should include all your work and life projects, any caregiver or friendships that require a substantial amount of attention. Under, **Inspired** column, add trainings, programs, work-related and life projects that you have made some preliminary moves towards but have not full on committed to yet. For example, if you spend two hours a week looking up leadership trainings, you may be inspired to sign up for one at some point. **Visions**, column are for bigger visions that may not happen until five or even ten years from now. These may include items such as own a home, financial stability, or travel to Brazil.

## EXAMPLE

### Involved

*Grant writing*  
*Communications*  
*Train interns*  
*Org. Strategic planning*  
*SURJ chapter*  
*Father in hospice*  
*Weekly Farm volunteer*  
*Wellness Workshop in KS*  
*Cultural Organizing Training*  
*Organize Annual Event*  
*Board Meeting prep*  
*Org Leadership Team*  
*Childcare assistance*

### Inspired

*Advanced Yoga Training*  
*Learn Spanish*  
*Dance classes*  
*Ayurvedic Course*

### Visions

*Own a house*  
*Live Abroad*  
*Write a book*  
*Lead international retreat*



**Involved**

A large, empty rectangular box with a teal border, intended for notes or observations under the 'Involved' category.

**Inspired**

A large, empty rectangular box with a teal border, intended for notes or observations under the 'Inspired' category.

**Visions**

A large, empty rectangular box with a teal border, intended for notes or observations under the 'Visions' category.

*Now look over your columns. What do you notice about them?*

*Say each item out loud and observe what happens to your body. Write down any reflections and connections that seem relevant to you.*

Go back and circle the items that made you feel aligned/good/happy/hopeful. Allow yourself to feel this out and avoid logically choosing. For example, your work does not need a circle if it doesn't feel in line with your values or energy right now.

Go back to the items you didn't circle. Can you get rid of up to three? Really challenge yourself to drop a few items off of your list. This doesn't have to be a forever reality but chances are you have an excess of responsibilities, obligations and thoughts occupying your heart and mind space.



List the circled items here in order of importance. What would you like to spend the most time on, add that to the top. Now add the non-circled items that you haven't completely crossed off, in order of energetic importance below.

**Involved**

**Inspired**

**Visions**

*What are the ways that you can center what's most important to you in your life?*

*How can you energetically shift the aspects of your life that are least matched up with your values, desires and visions?*