

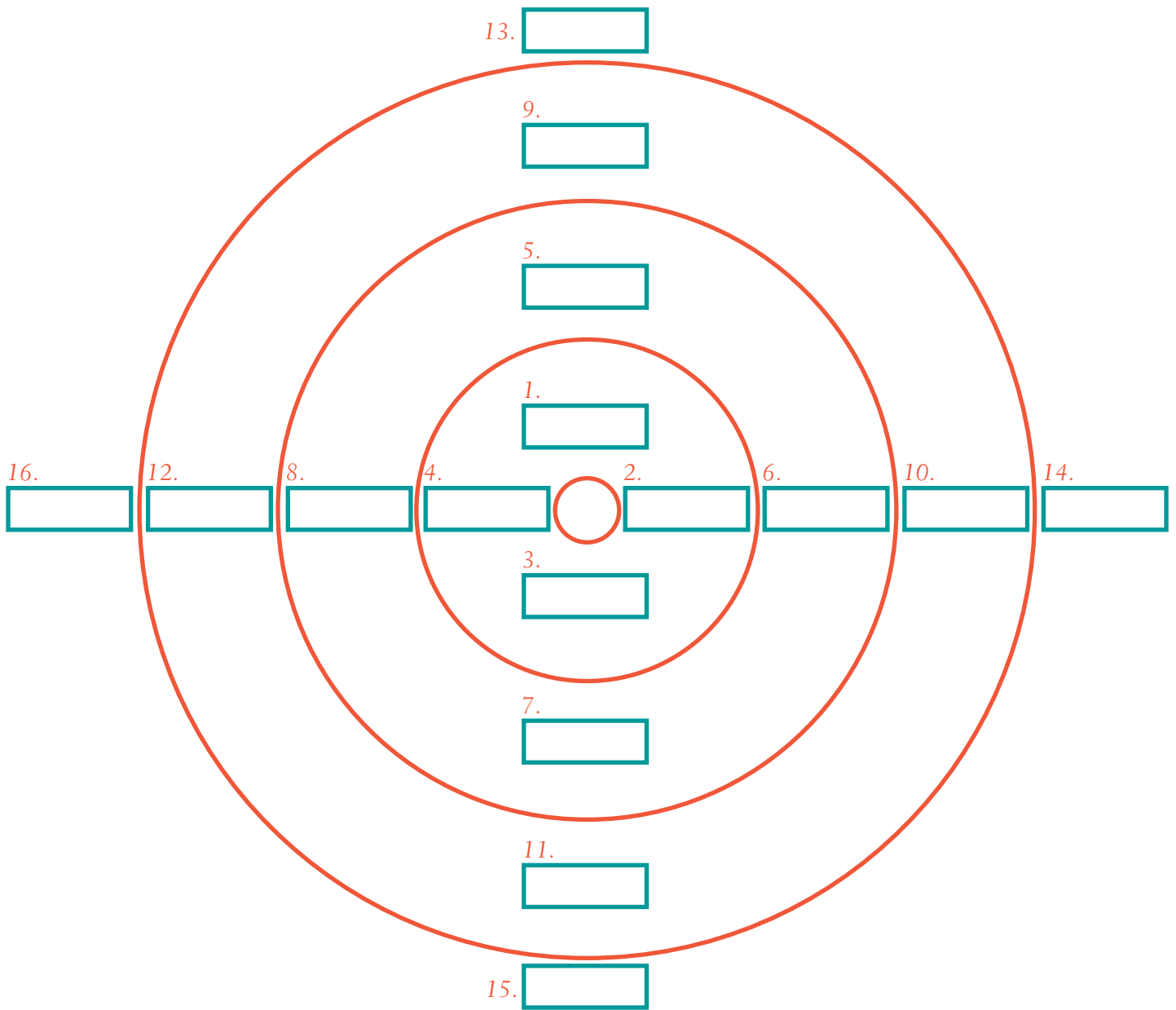


PRESENT LIFE MAP

Take a few moments to ground in your body by breathing intentionally three times. When you are ready, honestly coordinate on the circles what you spend most of your energy on. Some categories may be: Wellness/Healing, Family/Community, Work/Creative Projects, and Travel/Learning. Feel free to make up your own categories. Be honest with yourself.

Now fill in the boxes attached to each map point. What do these activities look like? How do you feel about them? What about them takes up energy? Review the **Aligning Your Priorities** worksheet and make sure these are included.





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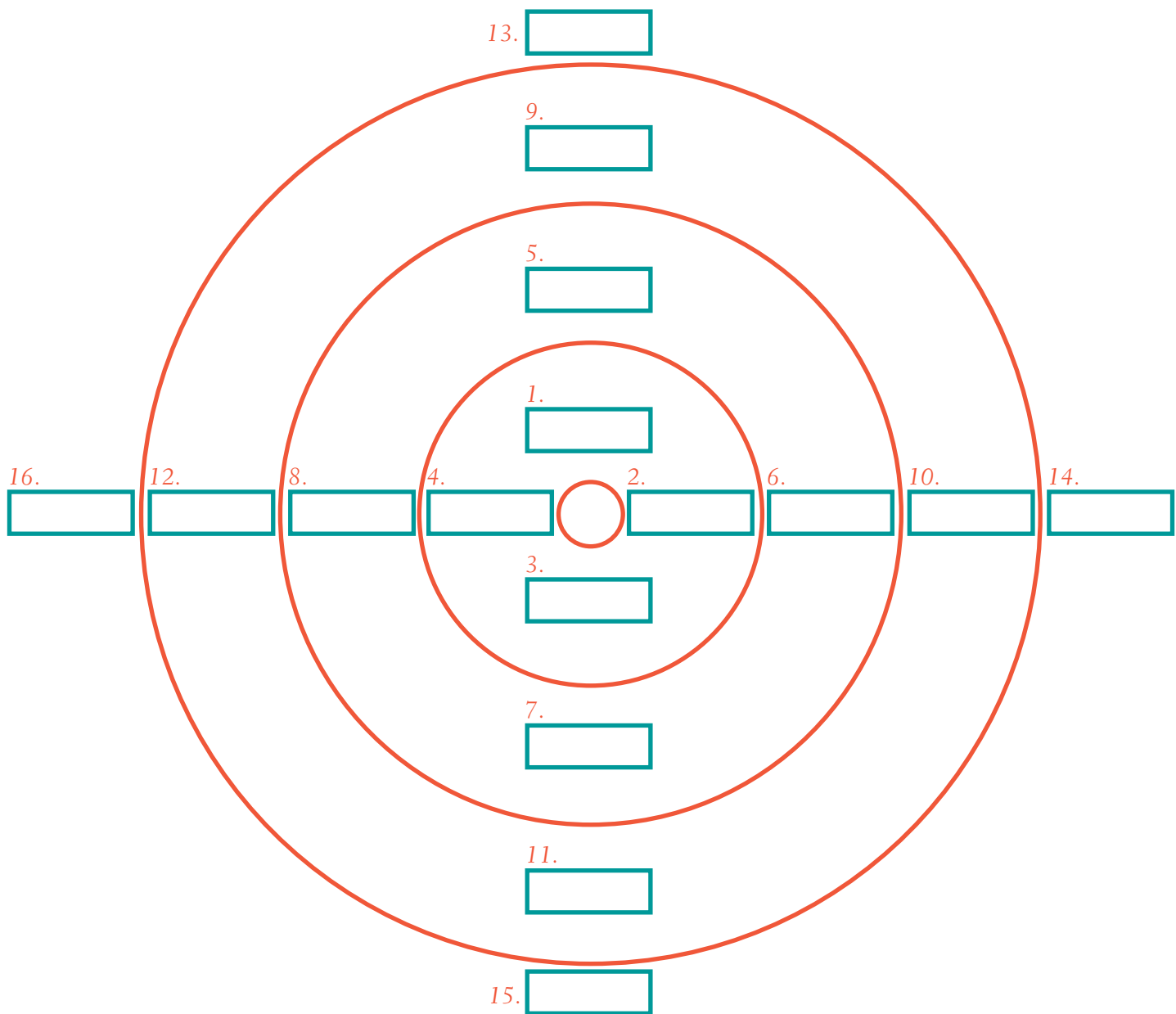
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VALUES MAP

Take a few moments to ground in your body by breathing intentionally three times. When you are ready, honestly coordinate on the circles what you would like to spend most of your energy on. There are no musts here. This is your ideal life. Some categories may be: Wellness/Healing, Family/Community, Work/Creative Projects, and Travel/Learning. Feel free to make up your own categories. Be honest with yourself.

Now fill in the boxes attached to each map point. What do these activities look like? How do you feel about them? Why do you want to spend energy on them? Review your **Aligning Your Priorities** worksheet and incorporate any of these that you want in your life.





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Oftentimes, how we spend our time and energy is different than how we think we do.
Take a moment to review the two maps above.

Any insights from the Present Life Map and Values Map exercise?

What is one of your biggest takeaways from this exercise?

What are some next steps you can take to start living your values map more?

Now go back to the Aligning Your Priorities worksheet. Are there items that no longer belong? Consider shifting or eliminating more items so that you are able to create more space towards living a value-centered life as opposed to a time-committed life.

