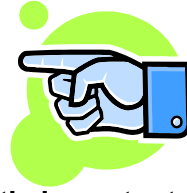




WHAT'S IMPORTANT TO YOU?

An important truth I learned a while back is that we make time for what's important to us.



My question to you is: **Do your daily choices accurately reflect what's important to you?** If not, then maybe it's time to make some adjustments.

Here are the two most common and illusive ways we get off-track:

- *Taking care of what seem to be urgent or pressing demands*
Are you frequently giving your time and attention to unplanned, pressing demands? Are you constantly putting out fires? At what cost? (e.g. –There's another crisis at work; you call your spouse and cancel the date night you two planned a month ago). You may be in denial or fooling yourself. You may think your relationship is a priority, when in fact, it's really more important to you to appear like the 'hero' at work.
- *Staying busy with other activities or tasks*
You might be getting tasks done, it's just that you are not getting the ones done that relate to your highest priorities (e.g. - Your goal is to expand your home business; you get side-tracked organizing a closet).

These culprits can wreak havoc in your life and relationships. If you aren't mindful, they can rob you of true happiness. Rather than looking back with regrets, why not start living every day in alignment with what matters most to you? After all, it is your life. You, whether you are conscious of it or not, are the one in charge of your choices.

So how do you get yourself back on track? Here are some guidelines.

1. Ask yourself, "What is most important to me at this time in my life?"
2. Next, take your list and try to put each item in order of importance. And, be honest! (Try not to judge yourself or think you 'should' have one item above another. Just go with comes from your gut).

Then, ask yourself these questions:

3. Am I giving enough time and energy to those things that are most important to me?
4. If not, what activities tend to pull me away from my top priorities?

Then, take these actions:

5. Find a way to remind yourself of your commitment to your priorities. (e.g. – take time daily to center, put up a special photo at work, have note at computer, etc.)
6. Spend time each day to be grateful for the good that is in your life.

**YOU ONLY GET ONE LIFE ...
MAKE SURE YOU'RE LIVING IT TO THE FULLEST!**