

# Take Back Control of Your Life!

At the heart of everything we do are our priorities; they drive all our action and inaction. In life so often we are either *so busy that we feel like we are on a runaway train* flying down the track OR we are frozen with our heads in the sand of unproductive bad habits. Getting clear on what is important to you is your way to **Take Back Control of Your Life**. In the following article I am going to explain what priorities are, highlight why it is key to be clear on what your priorities are and give you some *fun tools to uncover what is important to you*.

**Priorities are the things that are important to you.** A priority could be to make money, to never send your kids to daycare, to have alone time, eating healthy, exercising, going to Disneyland, never feeling deprived, owning your own home, sending your kids to college, feeling fabulous about the way you look, having a clean home or having romance in your life. They are the things that it would devastate you to live without. The list is endless and very personal. Do not however confuse priorities with things you feel you should do.

## Why is it important to be clear on them?

Knowing what is important to you and keeping it in the forefront of your mind will make you more effective and efficient in every area of your life. Being clear on your priorities gives you a roadmap to make choices on how you spend your precious time, money and energy, it also gives you the power to change the course you are on and allows you to identify if you are about to drive off a cliff.

Even if you cannot clearly articulate them, we all have priorities and they drive our actions. Actions are primarily habits, thousands and thousands of them, which beaded together, make the unique fabric of our life. Imagine a woman coming home, sitting on the couch eating ice cream and potato chips in front of the TV until she passes out. Not an uncommon story I'm sure. Now only she could truly identify her priorities but some of them may be; relaxation time, rewarding herself, quick easy meals or alone time. By recognizing this she could then perhaps find alternative ways to achieve them or to release the guilt and feel empowered and good about herself in doing so. Learning to question your actions and habits is a great tool to gain clarity on what's important.

If you are unclear on what is important to you then you are also a magnet for guidance and suggestions. Many new parents find themselves magnets for advice even though that may be exactly what you don't want! Usually this is because in this new uncharted water they are unclear on what is important to them and they tend to make themselves crazy trying to follow other people's advice. Sometimes you may find advice extremely helpful but this is usually because you share similar priorities with the advisor. The downside of other people's advice is that it is built around what is important to the person giving it not the person receiving it. This is like putting a square peg in a round hole. The advice you receive may sound great but when you try to put it into practice in your life you feel like Sisyphus pushing a rock uphill because it is not built around what you value and what is important to you. **When you are clear on your priorities and you build your life around them you are confident and inspiring.**

You do not attract unwanted advice. When you build your life around what is truly important to you than you are in the flow of life. ***Life is more enjoyable and pushes you forward almost effortlessly.***

**So how do you uncover your priorities?**

Try some or all of the suggestions below.

1. Make a list of what you feel is important to you in your life.
2. Write down what you did with your time, money & energy in the last week.
3. Compare the answers from 1 & 2. Are they in line with each other or in conflict?
4. List the elements of your ideal week or day. Not a vacation or holiday a regular week that is perfect in your mind. Have fun think about.
5. Look through your purse.
6. If you had 24 hours left on earth what would you do?
7. What boundaries do you have surrounding your time, money & energy?
8. Pick your top three values from the list below and write a specific definition of what it means to be successful in that area.

- Peace
- Integrity
- Power
- Wealth
- Joy
- Influence
- Happiness
- Love
- Justice
- Success
- Recognition
- Spirituality
- Friendship
- Family
- Career
- Fame
- Truth
- Status
- Authenticity
- Wisdom
- Acceptance
- Health

Above all have fun and explore as you get clear on what is important to you.

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enhancing personal balance and nurturing inspiration and growth.