

Setting Up Priorities In Your Life

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We face milestones all the time where we have to readjust our lives based on our priorities. Sometimes our priorities never change but the struggle to keep them in their sequence may become stronger or less depending on the other aspects we face.

Normally priorities become family, personal life, work, relaxation, health, friends, exercise, sports, home life, etc. Not necessarily in this order.

What you have to decide is: Where are your priorities?

To get a better idea of what your priorities are and which ones are most important to you take the following exercise:

1. On a piece of paper list all of your priorities in the sequence of importance within your life.
2. Now look at your schedule for one full week. How much time do you spend with everything? (This includes: work, home, family, eating, television, exercise, friends, errands around the house, etc.)
3. Now list everything in order starting with where you spend most of your time. The last item on the list is where you spend the least amount of time. This is the reality of your priorities.

If you don't like the list – only you can change it!

I can hear you...you're saying that you have to spend a lot of time at work and there's nothing you can do about that. Well, where's your energy going? What does that mean, you ask?

Everyone with a job spends the average of 8 hours a day at work and 16 hours at home (with 8 supposedly sleeping) that leaves only a short time for everything you want to do...where do you spend your quality of thought and energy? Does your boss, co-workers, and clients get all your good thoughts and energy? Or do you spend your best time with family and friends? Or is it spent at the gym, running, or exercising? You get the picture.

If you feel something is missing from your life:

1. What is it?
2. What adjustments need to be arranged?
3. Is someone else involved? How can you get them onboard?

4. Is it important enough to make a change?

Again, only you can decide what's missing and if it's important enough to make the appropriate changes if it is.

If you decide that you need to make adjustments to your life based on your priorities – the next question is:

Where and how do you start?