

Name: \_\_\_\_\_

### What's Important to Me Circle

1. Think about each of the items in the outer ring. Assign a value to each one according to how important you think it is in your life. A 4 is very important, 1 is not very important. If an item is not at all important to you, just leave it blank.
2. Color in the sections up to and including the number (if you assigned a value of 3, color sections 1, 2, and 3).
3. Now place a mark in each wedge that represents how much time and energy you currently devote to the item. A 4 is a lot of time and energy, 1 is very little time and energy.
4. Does the amount of time and energy you spend closely reflect the value you place on each item? What changes can you make so that your time and energy match what you think is important?

