



When I was/will be 50 years old, my priorities were/may be, in order:

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When I was/will be 80 years old, my priorities were/may be, in order:

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When I am with my boss/employer/\_\_\_\_\_, my priorities for myself are, in order:

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When I am with my boss/employer/\_\_\_\_\_, my expectations for my employer's priorities are, in order:

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When I am with my customer/client/patient, my priorities for myself are, in order:

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When I am with my customer/client/patient, my expectations for my customer's priorities are, in order:

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When I am with my partner, my priorities for myself are, in order:

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When I am with my partner, my expectations for my partner's priorities are, in order:

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When I am with a person of authority, or perceive myself as less powerful than the other person, my priorities are, in order:

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When I am in a position of authority, or perceive myself as more powerful than the other person, my priorities are, in order:

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When I feel stable, my priorities are, in order:

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When I feel destabilized by stress (pressure from without) or distress (pressure from within), my priorities are, in order:

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When I feel \_\_\_\_\_, my priorities are, in order:

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When I am thinking \_\_\_\_\_, my priorities are, in order:

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I can adeptly shift my priorities in different contexts. In most situations, however, I would like my priorities to be, in order:

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Questions for reflection:

1. What insights did I gain from examining my priorities at different ages?
2. What insights did I gain from examining my priorities when relating to different people in different situations?
3. What insights did I gain from examining my priorities in different power relationships?
4. What insights did I gain from examining my priorities when I am aware of my feelings, my thoughts, and varying levels of stress and distress?
5. In what contexts not mentioned here might I benefit from examining my priorities?
6. What insights did I gain from considering what priorities I expect others to have?
7. What might I wish to change? What might I wish to keep the same?
8. What did I learn from engaging in this exercise?
9. How do I think this learning will be of value to me?