

# Balance Priority List

## Take your own oxygen first -- Things I need to do for myself

Listed here are four categories in which it is important to feel balanced. List the top 3-5 activities you sense **MUST** be in your life on a regular basis for you to feel “whole.” These are generally activities that must be either in your daily or weekly routine, although some of them may be monthly or quarterly. The key to focus on is: list only the items you know have to be in your life regularly or you would immediately feel overwhelmed or empty.



<b>Work</b>	<b>Play</b>
<b>Inspiration</b>	<b>Self-Care</b>

### How to use this list:

This is NOT a “to-do” list. Set it aside. The next time you feel out of balance, pull this out. Is there an area you feel out of balance with? Decide what step you'll take in the next seven days to begin making that a regular, habitual part of your life again. What one step can you take that you've been putting off, resisting or ignoring...? That's the one!

### Keep it updated:

What nurtures you today may not be as relevant next year. Your interests change, you move thru different phases of life, and so on. Give yourself permission to evolve, and when something no longer fills your oxygen tank, remove it and replace with a new practice.

### And remember:

This is not about being selfish, or about ignoring your many other priorities. It is about recognizing that, **as a human being**, you will burn out if you focus only on one part of you. And *if you ignore your own needs*, you will lose the capacity to inspire others and build positive relationships (in your home, family, community, or at work), if the relationship you have with yourself is weak.