

LIFE ALIGNMENT ACTIVITY

Read Chapter 3: Balance in *The Unseen Companion* and use this guide/worksheet to bring your life into alignment.

<u>LIST A</u> DAILY/WEEKLY ACTIVITIES	<u>LIST B</u> GOALS	<u>LIST C</u> PRIORITIES & VALUES
<p style="text-align: center;">Include work, leisure, rest, housework, relationships, time with kids, etc.</p> <p style="text-align: center;">How much time do you spend on each activity.</p>	<p style="text-align: center;">What do you hope to achieve personally over the next five or ten years? Think about areas of education, work, family, finances, character, faith, home, and relationships.</p>	<p style="text-align: center;">What do you value most in life?</p>
<h3 style="margin: 0;">ALIGNMENT</h3>		
<p>Once your three lists are complete, check to make sure your activities are in alignment with your goals, priorities, and values. Do you engage in any activities that prevent you from achieving your goals or from becoming who you want to be? Consider removing those activities. Are there any activities that you need to start doing to make sure you are living in accordance with your goals, priorities, and beliefs? What first step can you take to bring your life into better alignment?</p>		

I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you. —Psalm 32:8

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“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” -Jeremiah 29:11