

50,000 Mile Tune-Up



SYSTEM #2: NAVIGATION

The exercises in this module are designed to help you investigate and clarify your values and determine what's most important to you now. What sort of person do you want to be? What kind of life do you want to live?

This information will serve a sort of GPS, helping us make choices and design habits that steer us toward our desired destination.

STEP 1: SET YOUR PRIORITIES

Make a list of your priorities. Consider:

- What is important to you?
- What do you value?
- What do you enjoy doing?
- What do you want your life to include?

Note: Make sure you are capturing what's really important to you and not what you (or society) think you should value. Push through the obvious "beauty pageant" answers (World peace!) and think about what really moves, inspires, and motivates you. What you are willing to make time for, invest in, work toward, even sacrifice for?

WHAT ARE MY PRIORITIES?

STEP 2: IDENTIFY YOUR CORE VALUES

A lot of the things on your list will probably have common elements. See if you can organize them into a handful of categories and assign a letter of the alphabet to each category

For example:

- A. **Connection:** Friends, family, community
- B. **Wellbeing:** Health, financial security, safe and peaceful home
- C. **Personal growth:** Creative endeavors, professional accomplishments, spiritual development
- D. **Contribution:** Volunteering, charity work, causes,
- E. **Experiences:** Fun, adventure, travel, active leisure

WHAT ARE MY CORE VALUES?

STEP 3: DRAFT YOUR VISION STATEMENT

Having identified your priorities and core values, write a 2-3 sentence vision statement for your best self/life.

For example: "To live an engaged, conscious, and joyful life; to make the most of the time and talents that I have; and to have a positive impact on others.

MY VISION STATEMENT

Hang on to this worksheet. We'll be returning to it later in the Tuneup.