



Recovery & Self-Discovery Priorities

1. **Self-Discovery:** Therapy, coaching, community/groups
2. **Serenity:** Spiritual formation & contemplative practices
3. **Self:** Personal care, interests, hobbies, health
4. **Family/Friends/Relationships**
5. **Meaningful Work/Service/Education**
6. **Finances & Household**



Identify Main Values & List Beliefs

Identify 3 core values and list beliefs about yourself associated with each value.



Weekly Time Audit

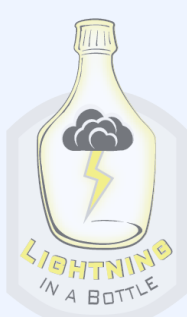
Using the above priorities, how did you spend your time this week?

- **Ask yourself:**
 - Where was my time/energy spent?
 - Was that energy positive or negative?
 - What emotions did this activity illicit?
 - What percent of time was intentionally invested in recovery or self-discovery priorities?
 - What percent was intentionally invested in my core values?



What Legacy Am I Creating?

- If nothing changes, what legacy will you leave for future generations?
- What pivots could you make to build integrity and live a life of authenticity?



ENERGY INFORMING LEGACY

1) RECOVERY & SELF-DISCOERY PRIORITIES

- _____
- _____
- _____

2) VALUES & BELIEFS

- _____
- _____
- _____

WHAT LEGACY AM I CREATING?

- _____
- _____
- _____

- _____
- _____
- _____

4) REWRITE YOUR STORY

3) WEEKLY TIME AUDIT

REMEMBER INTEGRITY AND VALUE ALIGNMENT IS THE GOAL NOT AMOUNT OF TIME SPENT

