

**Do Your Actions Align  
with Your Desires?**

# Living 'n Sync Heart & Soul



## HOW I SPEND MY TIME

List ALL ACTIVITIES Currently  
spend time/energy on

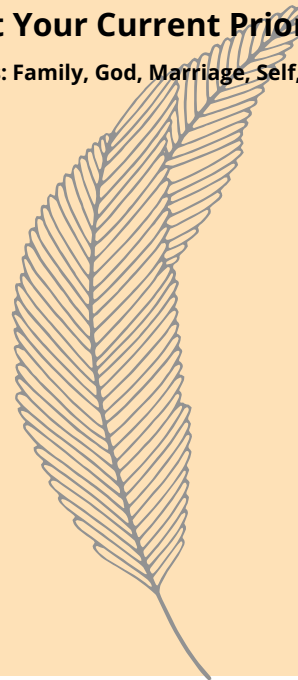
Don't leave anything out



## PRIORITIES

List Your Current Priorities

Examples: Family, God, Marriage, Self, Career, etc



Once You've Listed Your  
**ACTIVITIES & DESIRES,**  
Match each one from the lists on  
the right and left to a Priority by  
drawing a Matching Line to it.  
Then follow  
the instructions below.

## WHAT I WISH FOR

What You Really Want  
What You Daydream About

The Sky's the Limit



# Living 'In Sync'

## Heart & Soul Instructions

**Now that you've completed Step 1 above, if something doesn't match a priority, you can decide if 1) your priorities are truthful or need to be redesigned or 2) you are being true to your desires.**

**In any case, you've discovered BARRIERS to authentic, truthful living and the things that are keeping you from living your most joyful life. When our activities do not focus on what is truly important to our soul we become imbalanced and unhappy. So ask yourself the following questions:**

**What can I give up doing that doesn't need to be done right now?**

**What can I allow someone else to be doing from my obligations list instead of me?**

**Is something on my priority list that doesn't get any of my time?**

**Does this mean it isn't really a priority or that something else gets in the way of my paying attention to it?**

**If so...Why is this?**

**Is something missing from my priority list?**

**How many things on my wish list am I simply avoiding because I believe I don't have time?**

**What can I give up of my obligations to make time for something on my wish list?**

**Did I include myself as a priority?**

**My conclusions:**