

## Prioritise your life

Subject	Importance (scale 1-10)	Realisation (scale 1-10)
Family (not partner or children)		
Marriage / relationship		
Parenthood		
Friends / social life		
Work		
Faith / spirituality		
Participating in communities etc.		
Physical care (sports, nutrition)		
Self-care (being alone, meditate, etc)		
Inspiration by beauty (nature, culture, art)		