Room for Life
Professional Organizer

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Values & Priorities Worksheet

Our lives and our homes ideally are a reflection of our values and priorities. Yet, often we fill our lives with activities, possessions, and commitments that we outgrow, feel obligated to, or simply don't fit. Before you begin your physical organization, take a moment to reflect on your **values**, the fundamental beliefs that you hold as important, and then your **priorities** based on those values. Keep these in mind as you simplify your possessions, create a working order for your space, and focus on what kind of life you want to create.

Values	Priorities
ie: good health	eating healthy, exercising, getting enough sleep