



ANASTASIA

ADVOCATE, ALCHEMIST & APOTHECARY

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## Values, Priorities, Commitments - A Study of Time Management

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During our lives our values, priorities and commitments change with our life experiences. Each day we learn more and more of what is important to us. This can shift and evolve or they can remain constant. After you start your path of self development, you may find that where you started is not where you are now. Take some time to review what you may have written about when you first started this work. Reflect on and sit with how true they still are for your life and dreams.

Effective and Authentic time management comes from aligning all your choices based on the values, priorities and commitments you create and believe to be true for you. These are based on your authentic self, not your conditioned self, so be careful to reflect on each one with a deep sense of inner knowing. This is about you, no one else.

**Values** - are non-negotiable, unwavering core beliefs that you hold above all else. And you make them the umbrella for how you navigate the new world you are experiencing. When you choose values that are in alignment with who you are - you will feel motivated and empowered by them.

**Priorities** - are the elements of your life that are the most important to you. Most often, during this journey, they will change, because who you are is changing, and what you used to make time for probably no longer serves your highest and best good. When you make priorities from your authentic self, they will feel solid, true, light and easy.

**Commitments** - It's no surprise our commitments change, sometimes drastically, when we jump on this path. And life transitions of kids leaving home, retirement, moving, can all play a role in what you are committed to. It's a great idea to review all these elements of your new state of being on a regular basis (every 3 months or so) as tweaks are going to be necessary as you move through your new place in life. What is a hell yes! for you? Anything that is not a hell yes! Is automatically a hell no. This can be a challenging one to build. Why would you spend 1 minute doing anything that does not light up your soul? This can be the most challenging one of all to put on paper, or maybe not. What and who are you committed to - out of pure unconditional love and openness because it makes you feel good? Not because the world has told you what should be important to you.

Your time is short - be 100% certain you are spending it on the things that will bring joy, peace and happiness into your world. Anything less than that is a hell no!

Here are the quadrants of life to look at when creating a new list of values, priorities and commitments:

Physical Health  
Mental Health  
Energetic Health  
Emotional Health  
Spiritual Health  
Relationships  
Passions/Creativity  
Finances  
Adventures

Your first task is to write up all the things you spend your time on in a day/week/month ALL the things. Yes, more self tracking. If you don't know where your specific problem areas are, there is little chance of shifting into a place you feel best.

Track yourself for 1 month and see what brings you joy and what brings you resistance. Herein lies your values, priorities and commitments. During this time, use the following sheets to mark how you spend your time and what seems to be important to you based on the amount of time you spend doing the things.

Everything else can be delegated or released.

My Current Core Values Are:

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My New Values Are and Why:

Ex: Self-Love of mine because I expect my entire life to shift when I mindfully take action to be kinder to myself.

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My New Priorities Are + Why:

Ex: Freedom is a core value of mine because I enjoy being able to go and do anything I wish when I wish to do it.

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My New Commitments Are + Why:

Ex: I am committed to eating better because I am committed to my body and mind being the best it can be..

Lined area for writing commitments and reasons.

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