



## CLARIFYING YOUR LIFE PRIORITIES

Taking a moment to reflect and write down your life goals or priorities can help you gain perspective about your current journey in your academic, professional, and personal life.

1 ... Write down your priorities.

2 ... Which ones could you give up most easily?

3 ... If two priorities are in conflict, think of which one is more important to you, and revisit the priorities you gave up in step 2.



4 ... Choose the priorities you want to achieve in 5 years.

5 ... Look though the syllabus - how might this course support your priorities?



Adapted from:  
[https://serc.carleton.edu/sage2yc/self\\_regulated/what.html](https://serc.carleton.edu/sage2yc/self_regulated/what.html)

 <https://ecampusontario.pressbooks.pub/envisionyu/>