

# DANNY SWANSON

empowering your life

## “The Keys to Living an Inspired Life... Here and Now”

### Part 3 – Know Yourself: Priorities

As human beings we fill our days with activities. These activities tell us what is important to us, our priorities or our values. There is no right and wrong, yet they tell a powerful and compelling story for us.

You may remember in week one I spoke about the Law of Conservation. Another of the Laws of nature is the Law of Equilibrium (also known as the Law of Balance). Sir Isaac Newton famously said “every action has a positive and equal reaction”. Nature creates everything in balance- opposing forces are created and remain in balance or equilibrium (each particle and atom have a positive and negative ion or part)

The Tao symbol of Yin Yang captures the essence of these complementary opposites. Inside every good is a bad, and inside every bad is a good, there is day and night, summer and winter, and so on.

For most of us as humans though when we were growing up no one explained this to us. In fact most people live a life of lopsided perceptions where they see only one side of any event and label it as good or bad, pleasurable or painful and so on. This becomes our reality... a one-sided view of the world. In actuality though there are always two sides.

One of the consequences of growing up with a one-sided view of the world and how it works is that we perceive things as missing. What we perceive as missing depends on our own make up as well as they are family and cultural upbringing. Have you ever noticed that when you think you're about to lose something it suddenly takes on new value?

Well in day to day life the things that take on value to us other things that we perceive as missing. So for example if your perception is that you weren't loved as a child and your family upbringing was not supportive, it may be important for you to create a loving and supportive family. When you start your own family you will want to do it differently, you will want to make up for the things that you perceive that missing out on. Make sense?

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So these perceptions of what we don't have drive us to fill our day with obtaining them. They form our priorities in our life. They can and will change over time and at different stages of life we will have different priorities. The core for most people remain the core few for life... and will link to your purpose. There will be an alignment of your top priorities and values with your purpose.

## **Empowered Actions for this week:**

Identify your 7 – 10 top priorities or values. Here are some approaches to help you.

1. For two or three days make a list of what you do with your day and how much time you spend doing it.
2. What do you surround yourself with... at home and work... and what do these things mean to you?
3. What do you spend your money on?
4. When you have "spare" money what you do with it?

Link these all together and look for themes and trends. Think about all 7 areas of your life.

Make a list of the top 7-10 priorities.

Note: These are as they are now. They will change, and in 90 days time there will probably be some differences... but some will stay the same.