

Evaluating What is Important to You

Everyone should know the important things in their life---your family, your partner, your health and well-being, your children---anything that is so important to you that if it were lost, you would be devastated.

Here are five tough questions to help you discover what's important to you:

1. If you were on your deathbed and you wanted to tell your children -- or the young people to whom you are close -- the three most important things that you've learned in your life, what would they be?
2. What gives you the greatest joy, satisfaction and renewal in your life and how could you do more of it?
3. Who are you without your job, your money? Describe in detail.
4. What activities could you add to your life that would be a source of richness and joy?
5. Think of someone you admire deeply--and explain why.