



Welcome to the Priority Mom video series! Take some time to acknowledge yourself for being here. These three videos will give you clarity on the things that matters most, and empower you to set healthy boundaries to protect them.

Let's face it, life is incredibly busy.

There are a LOT of things on the to do list.

In most homes, moms carry the majority of the mental and emotional load for the family.

- manage the carpooling schedule
- the grocery list
- returning the library books
- remembering to flip the laundry
- knowing that your youngest now hates mushrooms
- we're one roll away from being out of toilet paper
- remember birthdays
- permission slips
- bring the juice for today's class party

How many of those things have fallen through the cracks in the last six months?

Even if you share this mental load equally with a partner, it's a LOT. It definitely helps, but then you need extra clear communication about who does what or you're duplicating effort and could end up with four Costco-sized ketchup bottles in the pantry and two presents for your daughter's BFF's birthday party.

We didn't even get into those of us that have jobs or businesses to run. Switching our brains back and forth between home and work responsibilities, leaving work at work and home at home is often impossible. It is a LOT to carry, and can often lead us into overwhelm, stress and feelings of failure. Not an awesome place to be.

So what's the answer?

The answer is making sure that what you are spending your time and energy on is serving your most important priorities. Getting clarity on that will make it so much easier to know what to say yes to, and when to say no.

Every one of us has different goals and values that influence our actions, our attitudes and the choices we make. Use the worksheet on the next page to help you identify your top personal priorities.

Use this worksheet to identify your values so you understand what's most important to you. Start by circling all the words that resonate with you as important.

- Achievement
- Advancement
- Adventures
- Authenticity
- Balance
- Belonging
- Change
- Choice
- Comfort
- Compassion
- Connections
- Contributing
- Creativity
- Efficiency
- Excitement
- Exercise
- Faith
- Family
- Financial Security
- Freedom
- Friendship
- Personal Growth
- Happiness
- Health
- Helping Others
- Honesty
- Independence
- Inspiring Others
- Integrity
- Intimacy
- Joy
- Knowledge
- Laughter
- Leading
- Continued Learning
- Leisure time
- Love
- Making A Difference
- Meditating
- Mindfulness
- Nature
- Nutrition
- Passion
- Peace
- Physical activities
- Power
- Recognition
- Recreation/Play
- Relationships
- Relaxation
- Security
- Self-Respect
- Serving Others
- Sharing
- Sleep
- Solitude
- Stability
- Success
- Tradition
- Traveling
- Trust
- Visualization
- Wisdom

Using your circled words and adding others if you wish, list the top 10 things that are most important to you.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

What are your top three?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_