
THE SEVEN PRIORITIES OF LIFE

Personal Trajectory Audit & Workshop Companion

This workspace companion is designed to help you honestly audit your current daily life and align your energy with things of lasting value. Be fully candid in your assessment—this is a private tool for your own trajectory correction.

PART 1: THE TRAJECTORY AUDIT

Identify 5 primary tasks, habits, or routines that consumed major chunks of your time over the past week (e.g., social media, work, studying, working out, chores). Write them below, then honestly match each to one of the **Seven Priorities** in order of value: 1. *God/Spirituality*, 2. *Character/Identity*, 3. *Family*, 4. *Friends/Authorities*, 5. *Health*, 6. *Work/Hobbies*, or 7. *Finances/Possessions*. If it serves none of them, label it '**Clutter**'.

DAILY ACTIVITY / HABIT (Time Spent)	WHICH OF THE SEVEN PRIORITIES DOES THIS SERVE?
1.	
2.	
3.	
4.	
5.	

PART 2: CHARACTER & IDENTITY

Priority 2: Character is about taking radical responsibility for your decisions and becoming the person you would most admire.

1. Write down **three words** that describe the most admirable version of yourself.
2. What is **one specific choice** you can make today to start aligning with those traits?

PART 3: RELATIONSHIP BREAKTHROUGHS

Priority 4: Friends & Authorities advises looking at every relationship and encounter as having the potential for real friendship or positive breakthroughs.

Identify **one person** in your life right now (such as a difficult coworker, teacher, boss, or acquaintance) where tension exists. What is **one deliberate action** you can take this week to initiate a positive breakthrough rather than a defensive conflict?

PART 4: THE 7-DAY DROP-OFF CHALLENGE

Based on your Trajectory Audit in Part 1, select **one** low-value habit, distraction, or schedule clutter that you will commit to drop for the next 7 days. Then, select **one** positive action that feeds a higher priority to replace it with.

WHAT I AM DROPPING (The Clutter)	WHAT I AM ADDING (The Priority)
Identify one non-valuable habit, screen time trap, or obligation to drop off your schedule entirely:	Identify one specific higher priority action (e.g., calling family, exercising, reading) to fill that time:

ACCOUNTABILITY SIGN-OFF

A life trajectory changes when intentions turn into shared commitments. Write your accountability partner's name below, share your Drop-Off Challenge with them, and check in on day 7.

My Committed Trajectory Partner:

Day 7 Progress Check-in (Date):