



Values & Priorities

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Where do your values and your priorities actually meet?

Values are aspirational — who we hope to be. **Priorities** are actual — where our time, money, energy, and attention truly go. When we assume the two are the same, a quiet gap can open up: our calendar and our exhaustion tell one story while our stated values tell another. That gap is not a moral failure. It is **data** about where life has fallen out of balance — and it is exactly where growth lives.

Using this worksheet

1. Look back over the **past week**. In each row, note honestly how you actually spent your time, money, energy, and resources.
2. Then ask: what does each one show you were really **prioritizing**?
3. Finally, notice whether that priority **aligns** with the values you hold, or reveals a **gap** — with no shame, only noticing.

This Week	How did I spend it?	What does this show I prioritized?	Aligns with my values?
My Time	♦ <i>be honest, not aspirational</i>		
My Money			
My Energy			
My Resources			

Bringing it into alignment

What are three changes I can make to bring my values and my priorities into closer alignment?

1.

2.

3.

“We all want the freedom to be ourselves, yet we are most afraid of being ourselves.”

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