



## Uncovering Your Personal Life Priority Code

Your Personal Life Priority Code consists of a set of essential qualities that you were meant to embody and experience during your lifetime. Whether you know it or not, you are always attempting to experience these qualities in your life. But when we are attempting this unconsciously, we are left feeling confused, unsure, and with an underlying sense of unexplained tension. When you become conscious of your personal code and begin to source your life in harmony with this code, you will immediately start to feel a renewed sense of clarity, peace, and presence that will enable you to get more done with less effort, feel more authentic and enthusiastic. You will begin to enjoy your life a whole lot more.

### Directions:

There are archetypal energies that have always been with us, but unless we pay attention they go unnoticed. To start the process of uncovering your personal life priority code, please make a list of the people you admire. They can be alive, dead, famous, family, friends or even mythical. While making this list, try to focus and remain present and allow the names to rise up in your awareness. Ask yourself these types of questions:

- ✓ What historic figures have always intrigued you or what characters in stories have stayed with you?
- ✓ Who do you have a strong bond with or who do you feel good with just by being in their presence?

In the first column, write the names of at least three people you admire. In the second column, write down the top three qualities that they embody that you admire most. (You can use the values list on the next page as reference.) Then use your hearts intelligence as a lighthouse to bring these qualities home. If you can see them in others, they live in you. To help determine if these qualities are part of your personal code, put your hand on your heart, say each quality to yourself and see how it feels. Some words will end up in the third column and some will not.

- ✓ Does your heart feel warm or tingle when you say the word?
- ✓ Do you feel a sense of excitement when you hold this word in your heart?
- ✓ Does this word seem to have scared or worried you a little?

In the third column write each word to which you had some emotional response.

People I Admire	Essential Qualities	Lighthouse Test
1.		
2.		
3.		
4.		
5.		

For the next seven days, when you wake up in the morning pick one of the words that passed the lighthouse test. Bring this word with you into your day. Pay attention to whether you experience this quality in your life. If so, how do you experience it in your life? If not, identify one or two ways that you may start experiencing this quality in your life.



## Essential Value Based Qualities

This is not an exhaustive list, just a list to stimulate your thought process about the qualities you admire in others. You can use any of the words on the page or come up with your own essential quality words.

### ADVENTUROUS

Risk Taker      Bold      Brave  
Explorer      Purposeful      Daring

### BEAUTIFUL

Graceful      Radiant      Attractive  
Elegant      Empowered      Magnificent

### INSPIRING

Motivational      Passionate      Original  
Optimistic      Openhearted      Self Accepting

### CONTRIBUTION

Loving      Servant's Heart      Understanding  
Philanthropic      Present      Trustworthy

### CREATIVE

Visionary      Imaginative      Resourceful  
Original      Receptive      Inventive

### DISCOVERY

Intuitive      Innovative      Discriminating  
Clear Minded      Curious      Observant

### EXPERIENCED

Knowledgeable      Wise      Intelligent  
Hopeful      Insightful      Surefooted

### LEADER

Direct      Influential      Encouraging  
Supportive      Confident      Organized

### MASTERFUL

Proficient      Excellent      Impeccable  
Expert      Effective      Brilliant

### PHYSICAL

Sensual      Strong      Relaxed  
Robust      Athletic      Charismatic

### RELATABLE

Family Oriented      Community Minded  
Cooperative      Nurturing      Down to Earth

### COMPASSIONATE

Tender      Present      Responsive  
Empathic      Supportive      Considerate

### SPIRITUAL

Grateful      Devoted      Conscious  
Accepting      Honorable      Enlightened

### TEACHER

Caring      Informative      Orderly  
Supportive      Prepared      Clear

### ACCOMPLISHED

Influential      A Winner      Independent  
Driven      Successful      Hard Worker

### PEACEFUL

Sincere      Harmonious      Peacefulness  
Consistent      Tranquil      Stable

### HONEST

High Integrity      Truthful      Reliable  
Sincere      Authentic      Dependable

### HAPPY

Fun      Lighthearted      Blissful  
Carefree      Playful      Joyful