



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