



## What Is Most Essential in My Life?

*Establish priorities and make commitments  
in essential activities and work*

### **BENEFITS YOU CAN EXPECT FROM THE WORKSHOP**

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- Identify and name, as precisely as possible, what you perceive today as being part of your essential course of action.
- Commit yourself with greater determination in line with this essential course of action by letting go of certain activities and/or by choosing other activities.

### **WORKSHOP OUTLINE**

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- *Global approach*
- *Part 1 – Am I on the axis of my essential course of action?*
  - History of my significant choices
  - The axis of my essential course of action seen through the history of my choices
- *Part 2 – How to commit myself on the axis of my essential course of action?*
  - Assessing my current activities
  - Putting order in my life
- *Action plan and final inventory*

### **APPROACH USED IN THIS WORKSHOP**

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The training takes place in a group. Questions invite you to observe your life on the theme being dealt with and to describe your experience. The time of guided analysis is followed by optional sharing, without entering into discussion. In order to deepen participants' personal research, the educator gives input and uses various means (diagrams, commentaries, observations notes, etc.). The variety of experiences shared in the group enriches participants. You are invited to make well thought out decisions corresponding to your actual reality.

### **CONDITIONS FOR PARTICIPATION**

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You are required to have taken at least the *Who Am I?* and *Exploring My Inner World*.