



YOUR VALUES

What really matters to you, deep in your heart? What do you want to do with your time on this planet? What sort of person do you want to be? What personal strengths or qualities did you want to develop?

1. **Work/Education:** includes workplace, career, education, skills development, etc.
2. **Relationships:** includes your partner, children, parents, relatives, friends, co-workers, and other social contacts.
3. **Personal Growth/Health:** may include religion, spirituality, creativity, life skills, meditation, yoga, nature; exercise, nutrition, and/or addressing health risk factors like smoking alcohol, drugs or overeating etc.
4. **Leisure:** how you play, relax, stimulate, or enjoy yourself; activities for rest, recreation, fun and creativity.

THE BULL'S EYE

Make an X in each area of the dart board, to represent where you stand today.

