

Your Values

What really matters to you, deep in your heart? What do you want to do with your time? What sort of person do you want to be? What personal strengths or qualities do you want to develop? For each of the following write a few key words and phrases about what is important and meaningful to you in this domain of life.

For each domain, rate how important these values are to you, as well as how effectively you are currently living by them.

Once you have worked through the various domains, go back and create some goals based on your values.

Relationships & Community	
Children, parents, relatives, friends, co-workers, intimate relationships, and other social contacts.	
Key words	Goals
What feelings arise as you reflect on this?	

Work & Education	
Workplace, career, education, skills development, etc.	
Key words	Goals
What feelings arise as you reflect on this?	

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Personal Growth & Health

Religion, spirituality, creativity, life skills, meditation, nature, exercise, nutrition, addressing health risk factors like smoking, alcohol, drugs, overeating etc.

Key words

Goals

What feelings arise as you reflect on this?

Leisure

How you play, relax, stimulate, or enjoy yourself; activities for rest, recreation, fun and creativity.

Key words

Goals

What feelings arise as you reflect on this?