

Clarifying Your Values

In the main part of each large box, write a few key words about what is important or meaningful to you in this domain of life: What sort of person do you want to be? What do you want to do? What sort of qualities do you want to develop? What you want to stand for?

(If a box seems irrelevant to you, that's okay: just leave it blank. If you get stuck on a box, then skip it, and come back to it later. And it's okay if the same words appear in several or all boxes.)

Then in the upper small square of each large box, mark on a scale of 0-10 how important these values are to you, at this point in your life. (0= no importance, 10= extremely important) (It's okay if several squares all have the same score.) Finally, in the lower small square of each large box, mark on a scale of 0-10 how effectively you are living by these values right now. (0= not at all 10= living by them fully) (Again, it's okay if several squares all have the same score.)

Now have a good look at what you've written. What does this tell you about: a) What is important in your life? b) What you are currently neglecting?

Parenting	Personal Growth	Leisure	Spirituality
Health	Work	Community & Environment	
Family Relationships	Intimate Relationships	Social Relationships	