

### **My values – how I want to live my life**

Complete the two columns for each of the 8 areas, then see if there are any areas that you're not living to your values as much as you'd like to.

If you're not living to values you hold strongly, what could you do to live more to that value?

<b>Area</b>	<b>How strong is my value in this area? 0=this is very unimportant to me 10=this is very important to me</b>	<b>How much am I living my life to this value? 0=I'm not at all doing this 10=I'm doing this a lot</b>
Education/school/college		
Health		
Family		
Friends		
Community		
Religion/spirituality		
Work/volunteering		
Hobbies/activities		