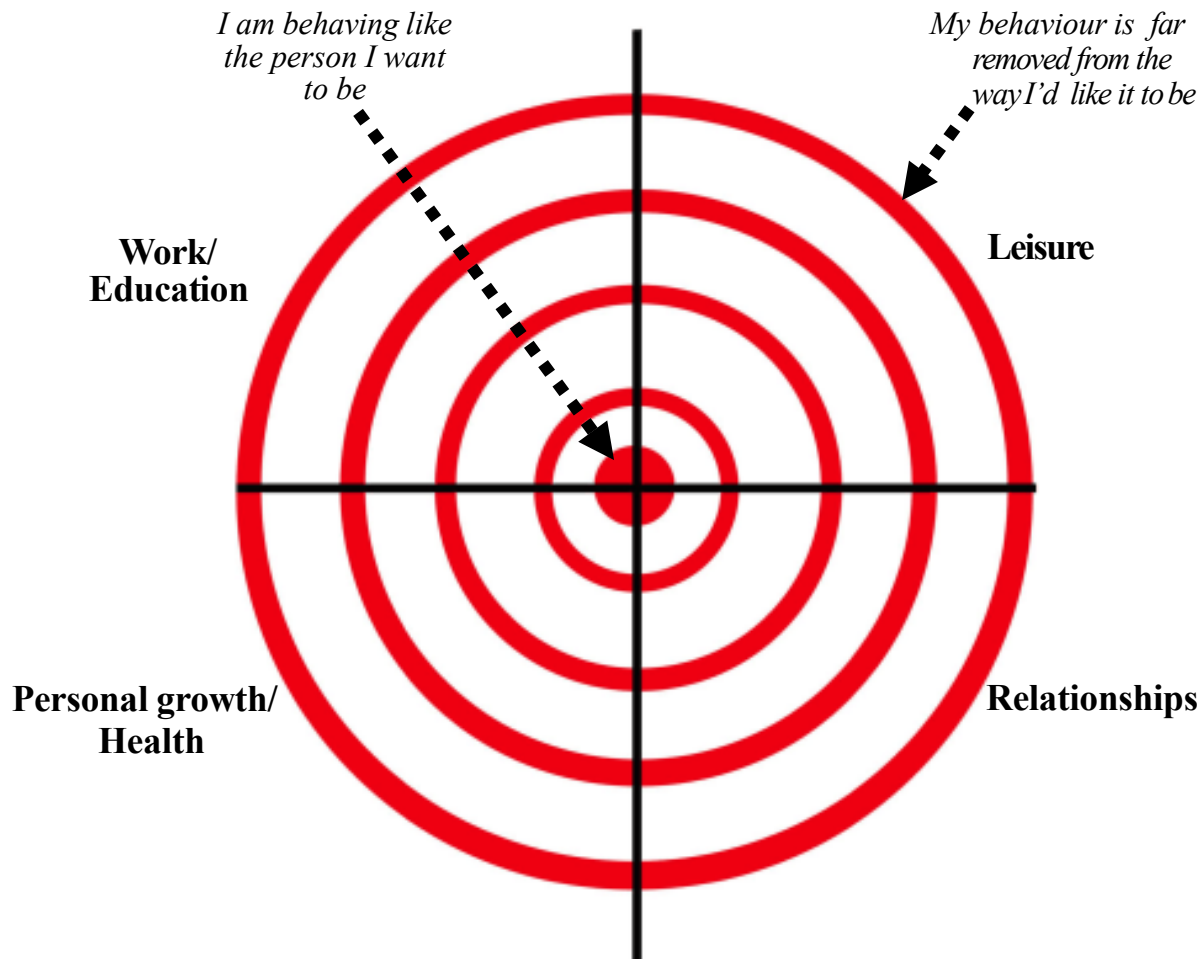


YOUR VALUES: Deep in your heart, how do you want to behave? How do you want to treat yourself, others, the world around you? What sort of person do you want to be? What strengths or qualities do you want to develop?

1. **Work:** includes workplace, career, education, volunteering, study, skills development,
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 et
4. **Leisure:** how you play, relax, have fun or enjoy yourself; activities for rest, recreation, fun and creativity.

Place an X in each area of the dart board, to represent your average position in the last week.



ACTION PLAN

Pick one quadrant: what are 2 or 3 values do you want to bring into play?

What actions will you take?

- 1.
- 2.
- 3.

What skills do you need to help you do this?