

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

