



We all have values, but sometimes it can be hard to define them. This activity is designed to help you determine what aspects of your life align with your values.

Instructions

1. In the main part of each large box, write a few key words about what is important or meaningful to you in these areas of life (what kind of person do you want to be?).
 - a. If a box feels irrelevant or you get stuck, leave it blank, and return to it if something comes to you. It's okay if you repeat words in different boxes; this will help you identify core values.

Spirituality/Religion	Family	School/Education
Intimate Relationships		Friendships/Social
Work/Job/Career	Mental/Physical Health	Free Time/Recreation

2. Once all boxes have been filled, in the upper small square inside each box, mark on a scale of 1-10 how important these values are to you (0 = no importance, 10 = very important).
3. Then in the lower small square, mark on a scale of 1-10 how effectively you are living by these values right now (0 = not at all, 10 = living by them fully).
4. Reflect on what you have written. What does this tell you? What's important in your life? What might you currently be neglecting? How might you weave these different values into your life?



TOGETHER WE CAN *build a better future!*

