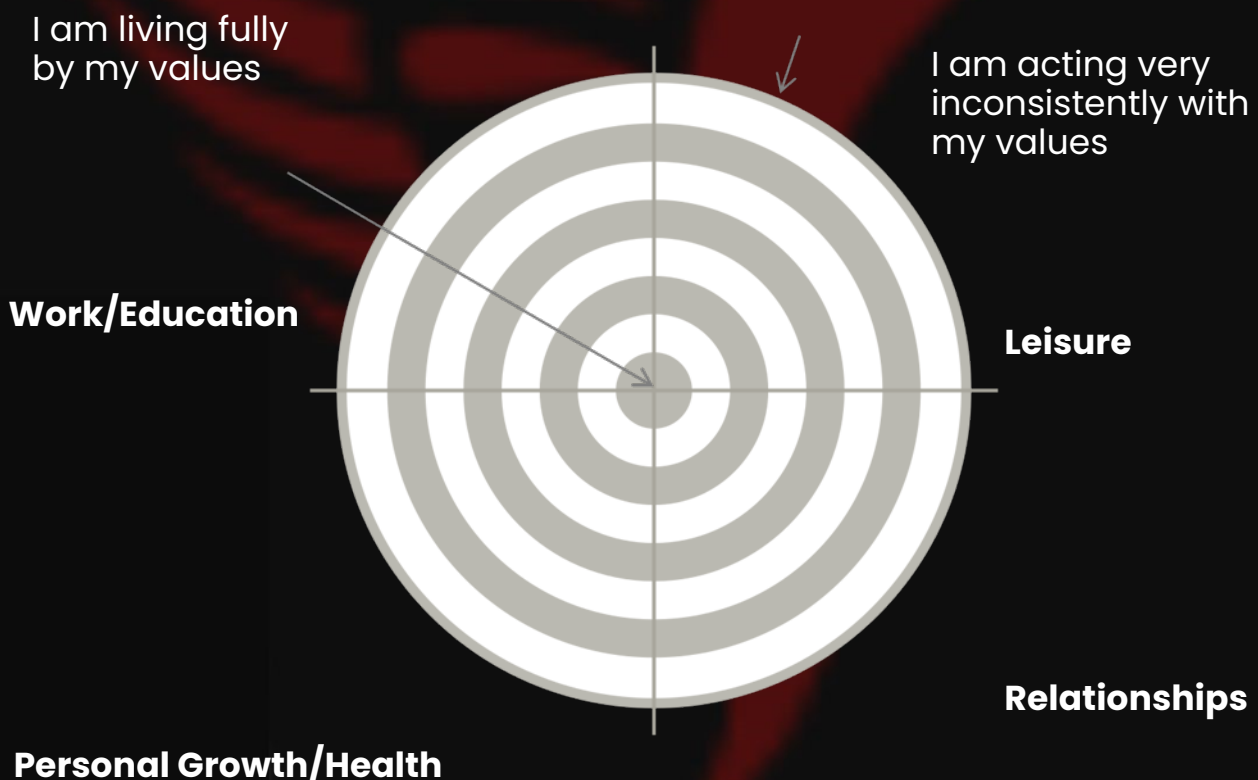


# Your Values

What really matters to you? What do you want to do with your time on this planet? What sort of person do you want to be? What personal strengths or qualities do you want to develop?

- **Career/Education:** includes workplace, career, education, skills development, etc.
- **Personal Growth/Health:** may include religion, spirituality, creativity, life skills, meditation, fitness, nature, exercise, nutrition, and/or addressing health risk factors like smoking, alcohol, drugs, or overeating, etc.
- **Relationships:** includes your partner, family, parents, relatives, friends, co-workers, and other social contacts.
- **Leisure:** How you play, relax, stimulate, or enjoy yourself; activities for rest, recreation, fun and creativity.

**The Bull's Eye:** Place an 'X' in each area of the dart board, to represent where you stand today.



(Adapted from ACT skills)