

Thinking About Your Values

Physical well-being

- How do you want to look after yourself?
- How important is your health to you?

Family relationships

- What kind of relationships do you want with your family?
- What sort of Brother/ Sister, Aunt/Uncle, Son/ Daughter, Mum/ Dad, Cousin do you want to be?

Intimate partner relationships

- Are intimate relationships important to you?
- What sort of partner would you like to be?
- What sort of partnership would you like to build? What would you do together?

Friendships/ social life

- What sort of friend would you want to be?
- How would you like to act towards friends?
- What sort of social life would you like to have?

Work/ career

- What kind of work matters to you?
- What sort of work would you like to do?
- What qualities would you like to bring to your work?

Education/ personal growth development

- Are there any skills you would like to develop?
- How would you like to grow?
- What would you like to know more about you?

Hobbies/ having fun

- What do you enjoy doing?
- Are there any special interests you would like to pursue?

Spirituality

- How important is spirituality to you?
- What kind of relationship do you want with the Earth/ God/ mankind

Citizenship/ community/ environment

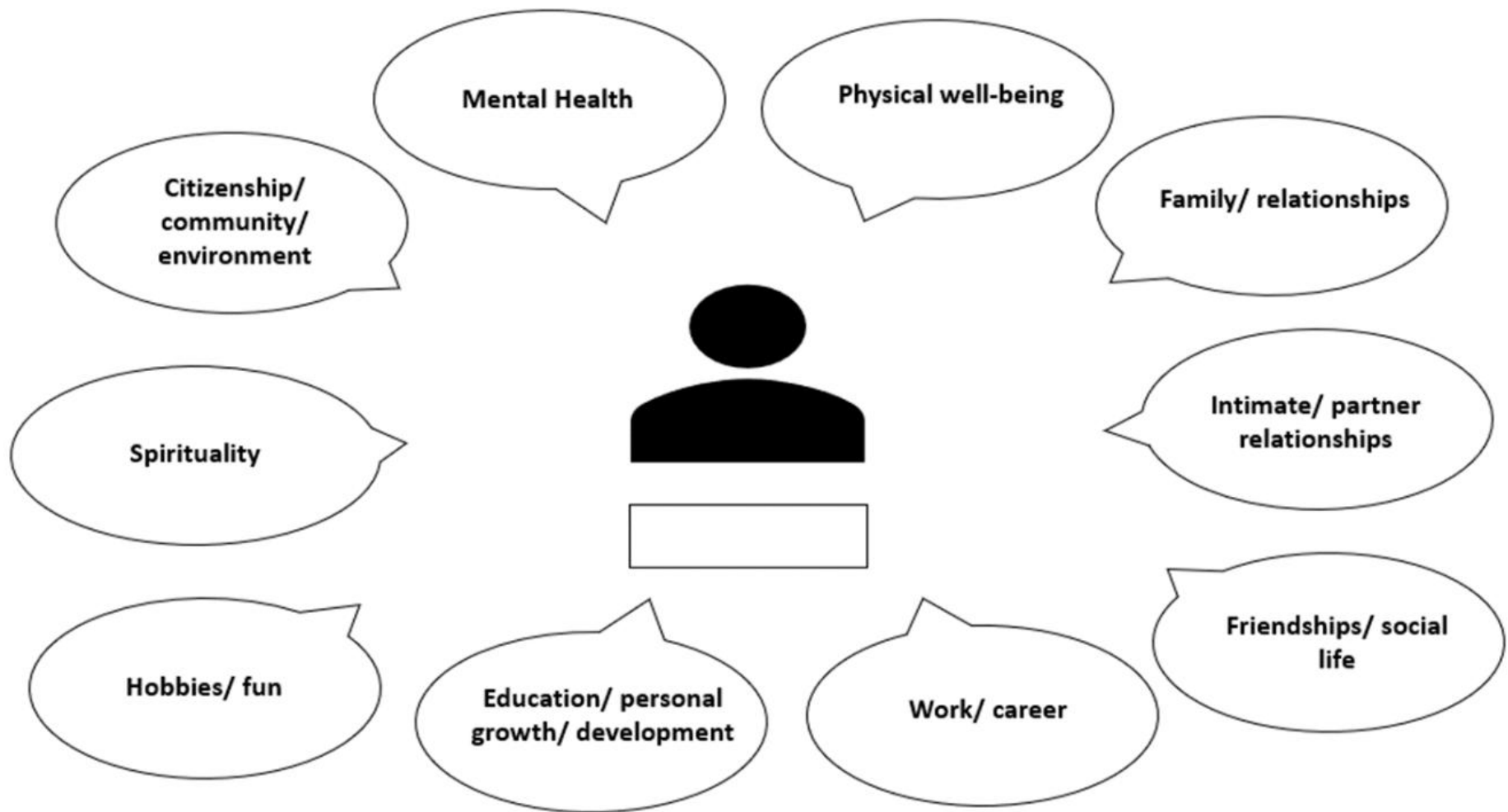
- What kind of environment do you want to be part of?

- What kind of citizen do you want to be?
- How do you want to be seen/ contribute to your community?

Mental health/ emotional wellbeing

- What helps to make you feel well in yourself?
- How do you want to look after your emotional wellbeing?

What Are My Values



Values Dartboard



This Photo by Unknown Author is licensed under CC BY-NC