

Values

1. Answer the questions below and begin to explore what is important to you.
2. Notice patterns, perhaps you wrote "loving," in several areas under relationships.
3. Identify which areas are most important to you. If you find something that is not important to you, make a note of that. It is important to know what is most important, somewhat important, and not important to you. If it helps, write a 1 (most important), 2 (somewhat important), 3(not important), next to each category.
4. Highlight or underline the areas that you would be willing to set goals for first. Don't expect yourself to change everything overnight.
5. Pick three things to set goals for and continue the next part of this worksheet.

Relationships.

1. Your **family**, in general: how do you want to act and who do you want to be to them?
2. **Parents**: how do you want to act and be for them?
3. **Kids**: What kind of parent do you want to be? How do you want to come across to your children? What kinds of children do you want to raise?
4. **Intimate relationships (spouse/partner)**: How do you want to be toward this person? What is most important to you in this relationship?
5. **Your family (if you are a parent)**: What rules would be (or are) important in your home?
6. **Friendships**: How do you want to be known? What do you want your closest friends to say about you?
7. **Community**: How do you want to be seen in your community? What does that say about you and what is important to you?

Personal Growth/Health

1. **Health**: What kind of body and mind do you want to have? What do you want to be able to do with your body? What feels good in your body? What characteristics do you admire in your body?
2. **Food**: What do you want your relationship with food to be?
3. **Environment**: How do you want to interact with the environment and nature?
4. **Home**: What do you want to be characterizing features of your home? What kind of home do you want to have?

Leisure/Spirituality

1. **Leisure time:** How do you want to feel in your leisure time? Who do you want to spend it with?
2. **Creativity/Play:** How do you want to express your creativity or playfulness?
3. **Rest:** How do you want to rest, what about rest is important to you?
4. **Religion/Spirituality:** Do you identify with something bigger than yourself? Do you know what it is? Do you connect with this in a way that is satisfying to you? Why do you want to connect with something bigger than yourself? What does this provide you?

Education/work

1. **Education:**
 - a. **Knowledge:** What are you curious about? What sparks your interest?
 - b. **School/peer relationships:** If in school, how do you want to interact with other students?
 - c. **School/teacher interactions:** If in school, how do you want to interact with teachers?
 - d. **School environment:** What kind of school environment helps you learn most effectively?
2. **Work:**
 - a. **Job satisfaction:** What is satisfying about your job?
 - b. **Work environment:** What is important to you in a work environment?
 - c. **Work relationships:** What is important to you with regard to how you interact with colleagues?
 - d. **Work Ethic:** What is your work ethic?

Next steps: Taking Action

Pick three areas where you want to improve your connection to your values. Identify a SMART goal for this value. Lastly, acknowledge the barriers that might come up in working toward this goal so that you know how to manage those barriers as they come up in life, others, or in yourself.

1. Value:
 - a. What are some things you can do to express this value more regularly?
 - b. Goal (make it specific, measurable, attainable, realistic, and time sensitive):
 - c. What are you willing to create space for to be successful at this goal?

2. Value:
 - a. What are some things you can do to express this value more regularly?
 - b. Goal (make it specific, measurable, attainable, realistic, and time sensitive):
 - c. What are you willing to create space for to be successful at this goal?

3. Value:
 - a. What are some things you can do to express this value more regularly?
 - b. Goal (make it specific, measurable, attainable, realistic, and time sensitive):
 - c. What are you willing to create space for to be successful at this goal?