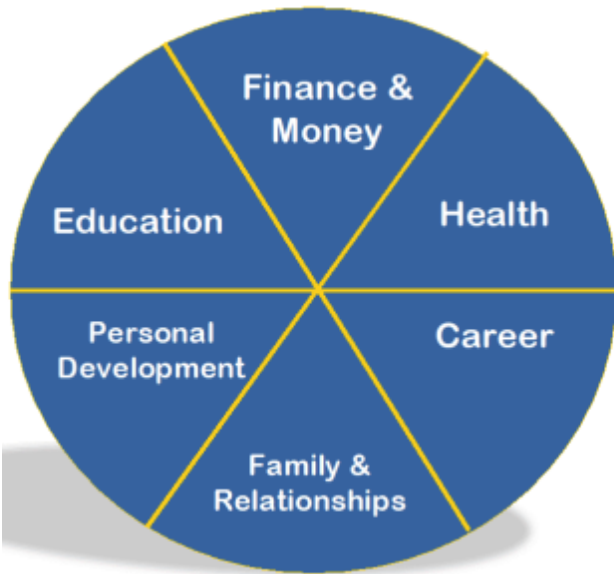


DISCOVER YOUR VALUES



Values are our guiding principles, our true north. They are what's important to us and when we are aware of them they motivate our actions.

Our values change over time. What you held dear, or the order of what was important to you when you were a teenager, may have changed when you became a young adult, and as you transitioned through different stages of your life. Because values drive our behaviour, it's important to re-discover them time and time again, so that you are not living by outdated values.

Respond to the following questions to help you discover your core values.

1. What areas of life are most important to you right now? (the sphere above is a good place to start)

2. Please rate them from (1) "most important" to (6) "least important".

3. Now answer this question about your top area of life: "What is important to you about _____?"

List 3-5 things that are important to you in the table below (these are your values), and then tick the values that are currently being met. If you respond with a "no", "maybe" or "unsure" to any, put an X next to it. We will explore all these values on the following page.

Value	Place a tick next to the value/s that are being met
1.	
2.	
3.	
4.	
5.	

Based on the values that are being met:

1. What can you continue to be/do/have in order to get those values met?

Based on the values that are not being met:

1. What can you start to be/do/have in order to get those values met?

2. What can you change in order to get those values met?

Action Plan for Living Your Values:

START: _____

CONTINUE: _____

CHANGE: _____
