

YOUR VALUES: *What really matters to you, deep in your heart? What do you want to do with your time on this plane? What sort of person do you want to be? What personal strengths or qualities do you want to develop?*

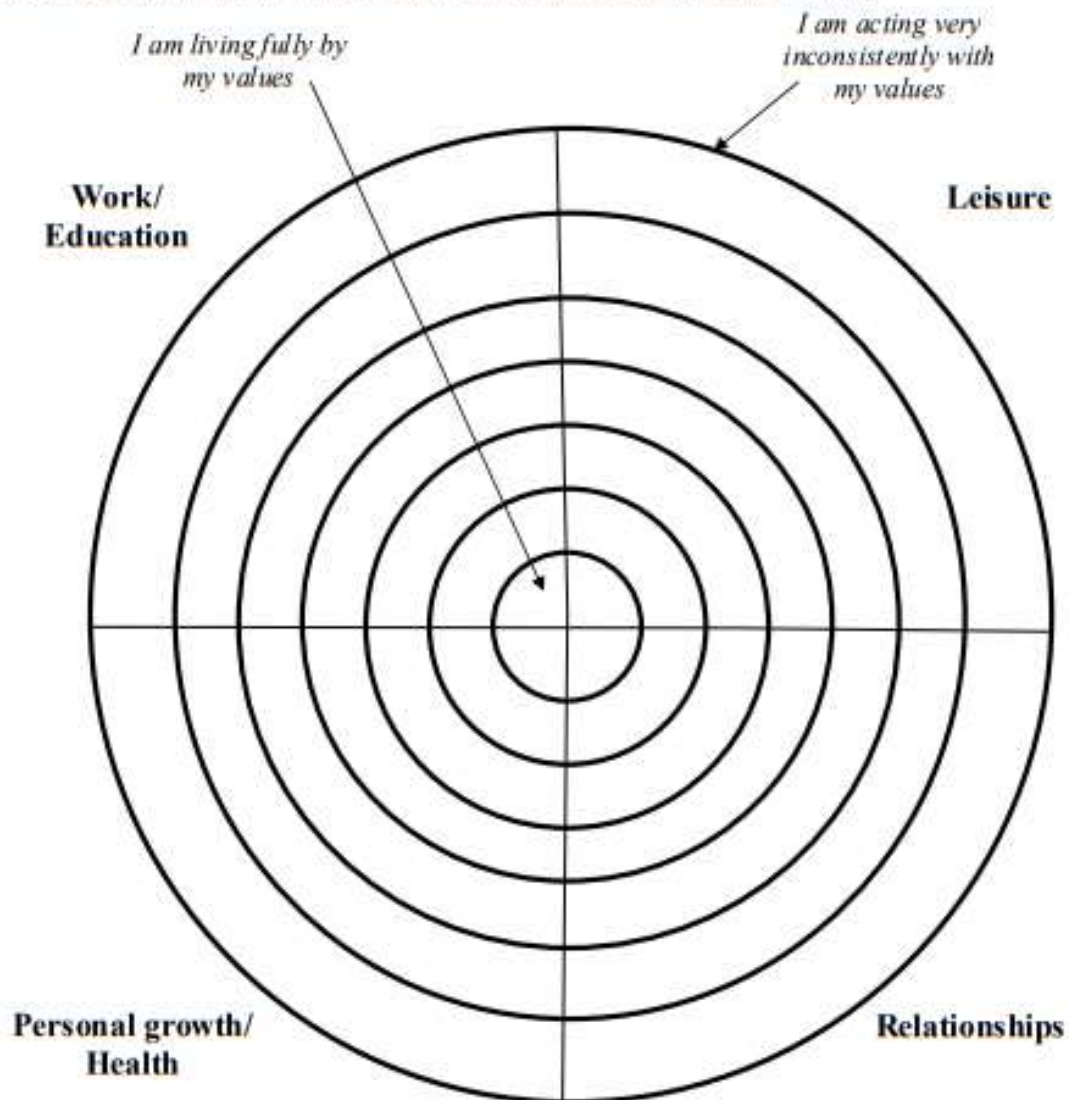
1. Work/Education: includes workplace, career, education, skills development, etc.

2. Relationships: includes your partner, children, parents, relatives, friends, co-workers, and other social contacts.

3. Personal Growth/Health: may include religion, spirituality, creativity, life skills, meditation, yoga, nature; exercise, nutrition, and/or addressing health risk factors like smoking, alcohol, drugs or overeating etc

4. Leisure: how you play, relax, stimulate, or enjoy yourself; activities for rest, recreation, fun and creativity.

THE BULL'S EYE: make an X in each area of the dart board, to represent where you stand today.



My Values-based Goals

Identify your most important value. Then fill in the blanks for the following statements:

Because I value..... I plan to

I will....., in order to.....

I will become more.....by.....

I dedicate my time to.....by.....

- Keep it small and achievable

- **Living my values plan**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Example – Living my values

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Walk the dog 20mins	Go for a swim before work (OR longer dog walk 30 mins)	Walk the dog 20mins	Go for a swim before work (OR longer dog walk 30 mins)	Walk the dog 20mins	Walk the dog 20mins	Walk the dog 20mins
Afternoon							
Evening							

Module 4 - Setting some values and identity Imps

Remember – an implementation intention (or ‘Imp’) is a plan to yourself that can make you 3 times more likely to make a specific change in your actions

EXAMPLE: IF I feel unsure of who I am

THEN I will look at my values list to remind myself

• IF

THEN.....

• IF

THEN.....

