

Areas of Your Life.

Values are qualities you want to bring to how you live, rather than goals to complete.

Choose one area that matters to you right now. You can explore another whenever you're ready.



01



Family

How would you like to be with the people you call family?

02



Close relationships

What qualities would you like to bring to a close or intimate relationship?

03



Parenting

What kind of parent do you want to be, including when things are difficult?

04



Friendships & social life

How would you like to connect with others?

05



Work

How would you like to approach your work and the people around you?

06



Learning & growth

What would you like to learn, explore or develop?

07



Leisure & enjoyment

How would you like to make room for play, creativity or enjoyment?

08



Spirituality & meaning

What gives you a sense of meaning or connection?

09



Community & environment

How would you like to care for or contribute to the world around you?

10



Health & wellbeing

What would caring for your body and mind look like?

There are no right answers. These areas can overlap, and not every area needs to fit your life.

Explore what matters.

Friendships is an area. Being caring or open describes how you want to act.

Start with one or two qualities that feel like yours. Use the Explore Your Values words list if it helps.



01 / START WITH ONE AREA

Which area?

What matters to you about how you act in this area?

What is one small thing you could try - and when?

02 / ANOTHER AREA - IF USEFUL

Which area?

What matters to you about how you act in this area?

What is one small thing you could try - and when?

Afterwards, notice what helped or got in the way. We can explore that together.

Values are a direction for how you want to live. You can move towards them one small step at a time.