



Your Values: What really matters to you, deep in your heart? What do you want to do with your time on this planet? 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 parents, relatives, friends, colleagues, and other social contacts.

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

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

The Bull's Eye: Read through your values, then mark an X in each area of the dart board, to represent where you stand today. An X in the Bull's Eye (centre of the board) means that you are living fully by your values in that area of life. An X far from Bull's Eye means that you are way off the mark in terms of living by your values.

Since there are four areas of valued living, you should mark **four Xs** on the dart board.

