

LIFE AREA VALUES

Example of a parent's values sheet.

Me

Hobbies/fun

How would you like to
spend your free time?
What is fun for you?

Badminton
Reading

Hobbies/fun

How would you like to
spend your free time?
What is fun for you?

Walking

Looking after myself

What do you do for you?
What relaxes you? What
helps you?

A good night sleep
Getting a massage

The things that matter

Education/work

What do you want to
achieve?
What do you want to learn
about?

Focus on the important
things in work

Everyday stuff

What do you need to do?

Be prepared
Be on time

The bigger picture

For example, are you
religious? Do you care
about environmental
issues?

Do my bit for the
environment

The people that matter

Family

What kind of relationships
do you want with your
family?

Be there for my kids

Friends

What kind of friends do you
want to be? Who with?

Keep in touch with
friends

Partner/important other(s)

What kind of relationship
do you want? What
qualities?

Trusting, reliable
relationship