

# Whole Person – Sample Categories and Values

This file contains examples of categories and values for those categories that you can use for your definition of your Whole Person at age 30.

## Personal Related Items

### Personal Relationship, e.g.

- I am single but I realize it is time to settle down and look for a serious relationship
- I am in a serious relationship and feel it will lead to a long term commitment
- I am living with someone and planning on getting married in the next year
- I have been married for two years and we are planning on having our first child soon

### Parenting, e.g.

- I have become a parent and I am not repeating the mistakes I saw my parents make.
- Being a parent is both really rewarding and really challenging

### Location e.g.

- I have left the Bay Area for a rural area near the Bay Area. I love the slower life style.
- I have lived in Europe for the last 4 years but have just moved back.
- I stayed in Boston after college, met my boy friend there and we are still living there
- I joined a company that has moved me every two years.

### Extended Family, e.g.

- Your parents, e.g. I finally resolved my differences with my mother and she treats me as the adult woman I am
- Your siblings, e.g. we continue to have the close relationship we had growing up and in fact it has even gotten better.

### Friends, e.g.

- I am still in touch with my high school friends
- Some of my best college friends work in the same city and we still get together
- I have become really good friends with a person from work and another two of my previous roommates

### Your Health, e.g.

- I am as fit as when I was 20, running twice a week, biking every weekend, playing tennis every weekend, strong heart, good weight
- I am in better shape than my fellow 30 year old friends

### Your Financial Situation, e.g.

- I have saved enough money to buy my first condo or house.
- I never have to worry about money.
- While I have not saved much money I have had a lot of amazing travel experiences

### Community, e.g.

- I am on the Board of the Boys/Girls Club
- I am going to start giving back to my community now that I feel settled in this city

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## **Work Related Items**

### **Commute, e.g.**

- I work from home.
- I live in the city and take a 15 minute subway ride to work everyday
- I live in a beautiful home in a high end town outside the city, but it requires an hour commute. I think it is worth it for the schools.

### **Your Social Work Environment, e.g.**

- I work with others who also find this work meaningful and have the same passion for it.
- I started out in a large company but switched into a smaller one where I could relate to the other employees
- I work in a fast paced world with super smart people

### **Your Physical Work Environment, e.g.**

- I work in an amazing Silicon Valley type office - we have free lunches, a gym, etc.
- I work in the middle of Manhattan with restaurants, bars and theaters all around me.
- I work in converted barn in a rural area, but it is much better than my job in the city

### **Company Market, e.g.**

- Our company is helping solve the energy crisis and I am really proud of that
- We make products I can actually use
- Our products are leading edge