






Popular values

Exploring how consistent life is with your values.

Consider how much time, effort and energy you have given to each life value over the past year.

How many stars would you give each? 1-5 (5 being lots of attention, time and effort)

Popular values					
Work and career					
Education					
Relationships					
Personal growth					
Leisure time					
Health					
Spirituality					
The environment					
Self-care					
Community					