

Identifying your values

The following are areas of life that are valued by some people. Not everyone has the same values, and this is not a test to see whether you have the "correct" values. Think about each area in terms of general life directions, rather than in terms of specific goals. There may be certain areas that you don't value much; you may skip them if you wish. It is important that you write down what you would value if there were nothing in your way. What's important? What do you care about? And what you would like to work towards?

1. Family relations. What kind of relationships do you want to have with your family? What sort of sister/mother/aunt/ niece do you want to be? How would you interact if you were the ideal you in these relationships?
2. Intimate relations. What kind of wife/partner do you want to be? What kind of relationship do you want to be a part of? What sort of partnership do you want to build? What kind of person do you want to be in a relationship?
3. Parenting. What sort of parent do you want to be? What qualities do you want your children to see in you? What kind of relationships do you want to build with them?
4. Friendships/social life. What sort of friend do you want to be? What friendships is it important to cultivate? How would you like to act towards your friends? What kind of social life matters to you?
5. Career/employment. What do you value in your work? What kind of work matters to you? What kind of worker would you like to be? If you were living up to your ideal standards, what qualities would you bring to your work?
6. Education/personal growth and development. How would you like to grow as a person? What kind of skills would you like to develop? What matters to you about education and learning? What would you like to know more about?
7. Recreation/fun/leisure. How would you like to enjoy yourself? What relaxes you? When are you most playful?
8. Spirituality. Whatever spirituality means to you is fine. It may be as simple as communing with nature, or as formal as participation in an organised religious group. What is important to you in this area of life?
9. Citizenship/ environment/ community life. How would you like to contribute to your community or environment, e.g. volunteering, recycling, or supporting a group/ charity/ political party? What sort of environments would you like to create at home, and at work? What environments would you like to spend more time in?
10. Health/physical well-being. What are your values related to maintaining your physical well-being? How do you want to look after your health? Why is this important?