



On a scale of 1-10, how fulfilled are you in each of these areas?
What would a fulfilling life look like in each area?

What do I value?

Humour Directness Partnership Productivity Service Contribution
 Excellence Freedom Focus Romance Recognition Harmony Integrity
 Accomplishment Orderliness Honesty Success Accuracy Family Adventure
 Zest Tradition Growth Aesthetics Participation Impact Performance
 Collaboration Community Personal-Power Trust Connectedness
 Acknowledgement Leadership Lightness Vitality Spirituality Empowerment
 Creativity Self-Expression Independence Nurturing Joy Beauty
 Authenticity Peace Risk-Taking Elegance

My personal values

- 1.
- 2.
- 3.
- 4.
- 5.