

## Values

Our values reflect what we find meaningful in life. They are what you care about, deep down, and what you consider to be important. Everybody's values are different, and they can change over time. They reflect how we want to engage with the world, with the people around us, and with ourselves.

Values are different from goals. Put crudely, goals can be *achieved* whereas values are more like directions that we want to head in. For example we might have the value of *being a good parent* which may require a lifetime's effort, and the specific achievable goal of *getting our children to school on time*. Or we might have the goal of *going for a jog* while placing value upon our *physical health*.

The domains below are valued by some people. There might be values you think are important, and others that don't matter so much to you. There are no 'right' answers. Read the descriptions and think about what makes for a meaningful life that you could value.

	Family	<i>What kind of relationships do you want to have with your family? What sort of brother / sister / mother / father / aunt / uncle / niece / nephew do you want to be? How do you want to be in those relationships?</i>
	Marriage / Couple / Intimacy	<i>What kind of husband / 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?</i>
	Parenting	<i>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?</i>
	Friendships / Social life	<i>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?</i>
	Career / Employment	<i>What kind of work is valuable to you? What qualities do you want to bring as an employee? What kind of work relationships would you like to build? What kind of work matters to you?</i>
	Education / Personal growth & development	<i>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?</i>
	Recreation / Fun / Leisure	<i>How would you like to enjoy yourself? What relaxes you? When are you most playful?</i>
	Spirituality	<i>What kind of relationship do you want with God / nature / the Earth?</i>
	Citizenship / Environment / Community	<i>What kind of environment do you want to be a part of? How do you want to contribute to your community? What kind of citizen would you like to be?</i>
	Health / Physical wellbeing	<i>What kind of values do you have regarding your physical wellbeing? How important to you is your health? How do you want to look after yourself?</i>