

YOUR VALUES: What really matters to you about your future? What do you want to do with your time and energy? What sort of person do you want to be? What personal strengths or qualities do you want to develop?

1. **Work/Education:** Includes workplace, career, education, skills development, etc.

2. **Relationships:** Includes your partner, children, parents, relatives, friends, co-workers, and other social contacts.

3. **Personal Development:** may include religion, spirituality, creativity, life skills, meditation, yoga, nature, exercise, nutrition, and/or addressing health risk factors like smoking, alcohol, drugs or overeating etc.

4. **Leisure:** How you play, relax, entertain, or enjoy yourself; activities for fun, recreation, free time/leisure.

THE BULL'S EYE: make an X in each area of the disk board to represent where you stand today.

