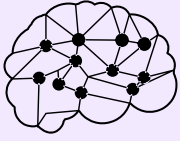


FIND YOUR *Values*



Knowing your values can help you lead your life in the direction you wish whilst pursuing the goals you set. Complete the following four steps.

1. List 7 things that are really important to you

2. Write down the 3 most important.

3. Write down how much time you spend on each three?

4. Ask yourself is that enough? If not, then jot down how you could make more time for it?

Check out this value list for ideas

- Acceptance
- Relationships
- Bravery
- Growth
- Family
- Health
- Gratitude
- Hardwork
- Environmental health
- Kindness
- Spirituality
- Empathy
- Honesty
- Pro-social
- Security
- Respect
- Wealth
- Integrity
- Community
- Justice
- Collectivism
- Warmth
- Education
- Success

