

Balance my life

Understanding what I value in life

Below is a list of values. Which value is the most important to you at this point in time?

- Achievement: sense of accomplishment
- Adventure/risk: challenge, competition
- Affection: love, caring
- Creativity: being imaginative, innovative
- Economic security: steady, adequate income
- Emotional support: having a caring support network
- Fame: being famous, well known
- Freedom: independence, autonomy
- Health: being physically and mentally well
- Inner harmony: being at peace with yourself
- Integrity: living life by a moral code or set of principles
- Involvement: participating with others, belonging
- Justice: things being fair around you
- Nurture: being able to develop those around you - children or other people
- Personal development: growing and developing as an individual
- Pleasure: fun and laughs, enjoyable activities
- Power: control, authority, influence over others
- Recognition: respect from others, status
- Relationships: having supportive and constructive interaction with others

- Self-respect: pride, sense of personal identity
- Spiritualism: having an affinity to a lifestyle which could be religious or cultural
- Wealth: having money and material possessions

What is your number one value?

How much time and energy do you devote to this value? ENOUGH / NOT ENOUGH

Does your current lifestyle support this value or work directly against it? YES / NO

You may need to realign what you do in your life with your values to establish a happier and more satisfactory life. To do this complete the next exercise to see what specific areas of your life you need to work on.

