

Health	Family	Recreation	God	Volunteering
Wealth	Integrity	Wisdom	Religion	Beauty
Inner Peace	Freedom	Intelligence	Money	
Success	Commitment	Work	Fame	
Status	Happiness	Learning	Children	
Loving	Helping Others	Friendship	Being Loved	

From the list of values above select 5 in the order of priority. 1 _____ 2 _____
 3 _____ 4 _____ 5 _____

Create the list around the person you want to become not the person you are right now.

Am I living my life in accordance with these values?

How close am I to becoming the person I want to be?

What would a neutral third party say my values are watching how I currently balance my life?

What's creating the conflict between the person you are and the person you want to be?