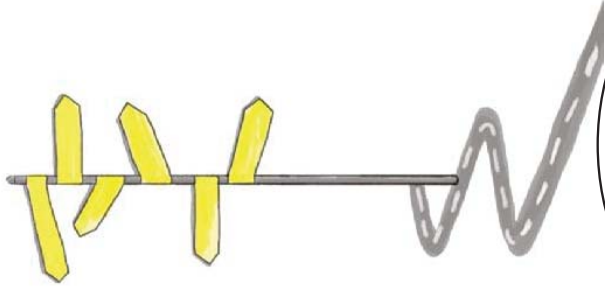


Values Worksheet



Meaningful Activity

(work, education, career, skills development)

Leisure and Fun

(playing, relaxing, having fun)

Relationships

(friends, partner, family, coworkers)

Personal Growth and Health

(religion, spirituality, growth, health)

Others?

(other things that are important to you)