

MAP YOUR VALUES

| PURPOSE | | |
|---|-------|---------------|
| For each Life Area | | |
| <i>What will fill my life with value?</i> | | |
| Life areas | Value | Lo → → → → Hi |
| physical | | 0 0 0 0 0 |
| mental | | 0 0 0 0 0 |
| spiritual | | 0 0 0 0 0 |
| relationships | | 0 0 0 0 0 |
| financial | | 0 0 0 0 0 |
| career | | 0 0 0 0 0 |
| home | | 0 0 0 0 0 |
| recreational | | 0 0 0 0 0 |
| social | | 0 0 0 0 0 |
| emotional | | 0 0 0 0 0 |