

## Finding My Values

Knowledge of our values can help us steer towards the life we wish to lead and the goals we choose to set.

Use the following questions to identify the values you hold dear, consider whether your actions align with them, and reflect on how much time you spend on each one.

List ten things that are really important to you:

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Which three are the most important?

1.	
2.	
3.	

How much time do you spend each week on each one?

1.	
2.	
3.	

Is that enough? How could you make more time for each one?