

My Values Journey

DOMAIN	THINGS I'VE VALUED (Events that made me smile, touched me, were fun or meaningful, or made me feel alive)	FAVORITES ***** = Top *** = Middle * = Okay	STEP INTO THE FUTURE (What actions can I take to have more of this in the next year? What are some small steps I might try?)
Connecting with others			
Giving to others and having a positive influence			
Being active			
Embracing the moment			
Challenging myself and learning			
Caring for myself			
Other:			
Other:			