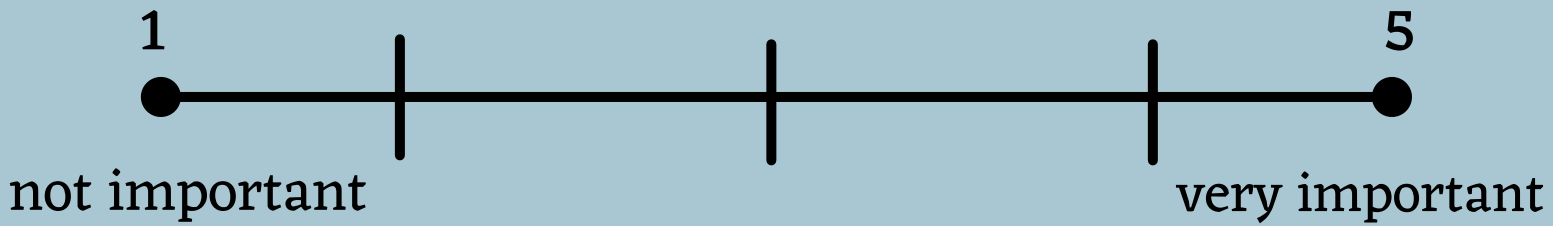


# Self Exploration of Values

Values are close and important to us, while one individual values their family relationships above all, another might value their career. Everyone's values are different and that is okay because there are no "correct" values.

**Instructions:** Understanding your values will help you better focus on what's important to you. This worksheet will help you think, in details, about what your values might be. If there are any sections that do not apply to you, feel free to skip them.

# Family relationships

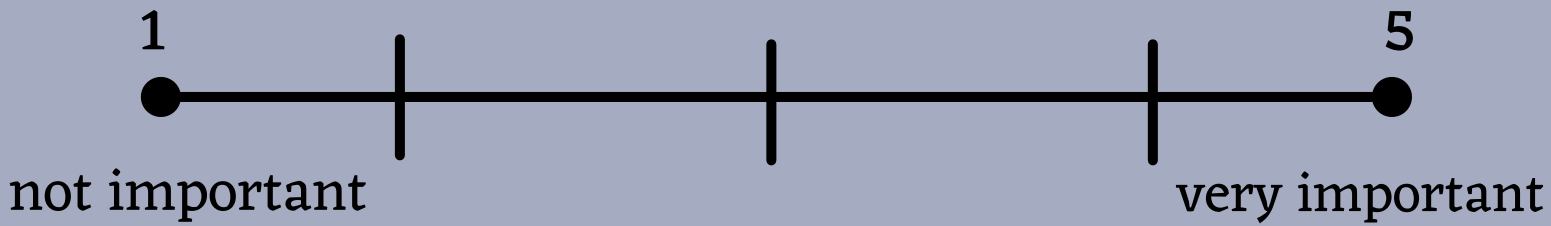


Ideally, what would your family relationships be like? (eg. hierarchical, etc.)

What personal qualities would you like to contribute to your family? (eg. open communication, etc)

Do you feel that you are contributing enough time and effort towards your family? If not, how would you like to improve this area?

# Marriage/ Intimate relationships

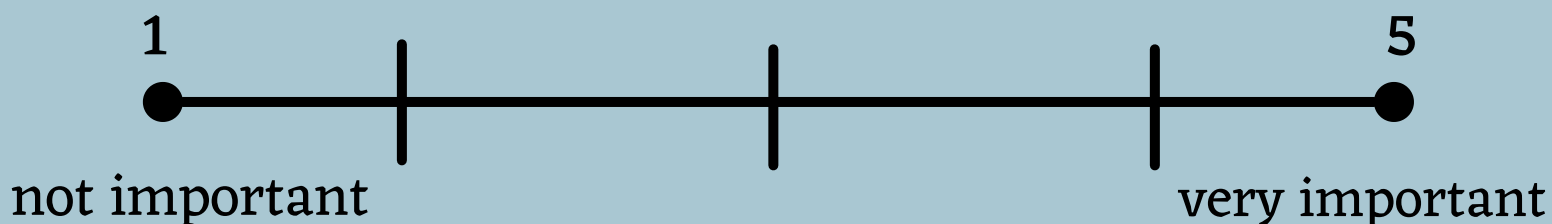


How would you describe your ideal marriage or intimate relationship? (eg. honesty, trust, etc)

In your ideal marriage or intimate relationship, how would you treat your partner? (eg. respect, open, etc.)

Do you feel that you are contributing enough time and effort towards your marriage or intimate relationships? If not, how would you like to improve this area?

# Parenting



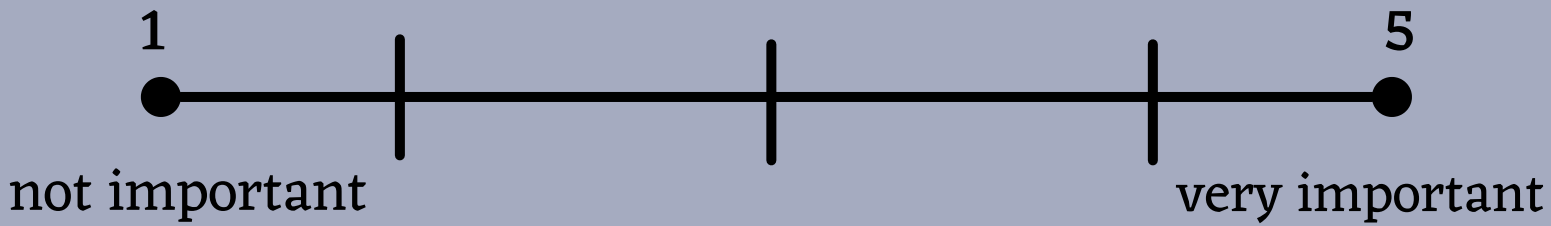
Which of your personal qualities can you use within the role of being a parent? (eg. honest, patient, etc.)

How would you like your child to describe you, as a parent?

Do you feel that you are contributing enough time and effort towards your parenting? If not, how would you like to improve this area?



# Friendships/Social relationships

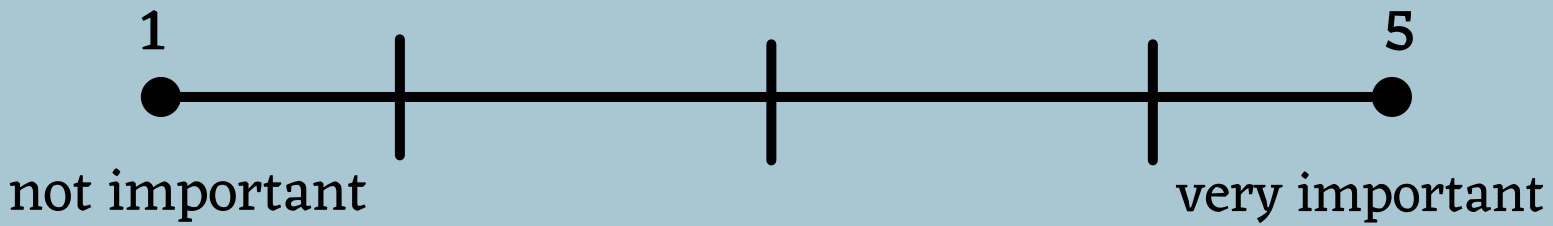


What sort of friendships would you like to have? (eg. surface level, deep and open conversation-based, etc.)

How can you contribute to building your ideal friendships? (self-disclosure, vulnerable, etc.)

Do you feel that you are contributing enough time and effort towards your friendships or social relationships? If not, how would you like to improve this area?

# Work/career/education

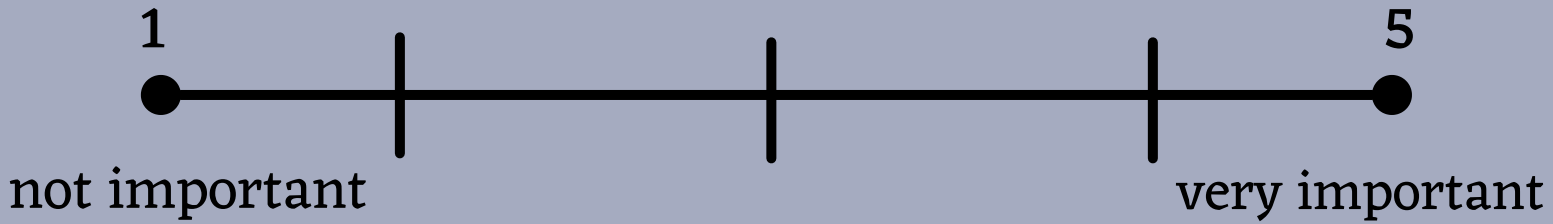


What's important to you about your work, career, or education? (eg. stability, satisfaction, etc.)

How would you like others to view you within your professional roles?

Do you feel that you are contributing enough time and effort towards your work, career or education? If not, how would you like to improve this area?

## Recreation/ relaxation

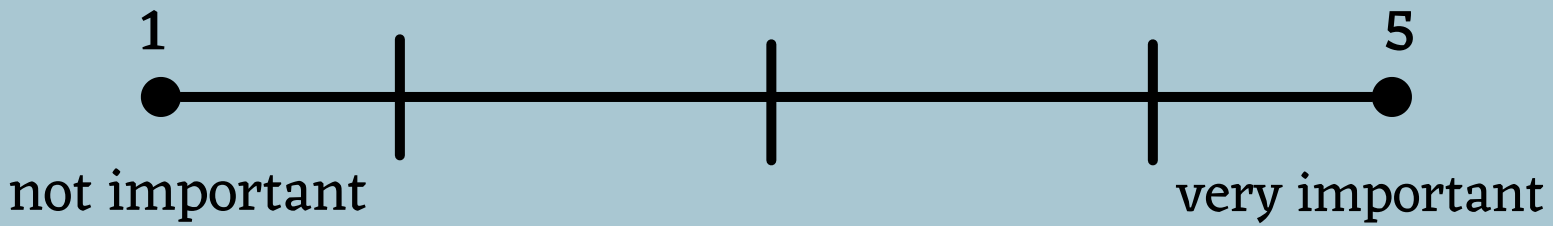


What are your ideal forms of recreation and relaxation?

Why are recreation and relaxation important to you?

Do you feel that you are contributing enough time and effort towards your recreation or relaxation? If not, how would you like to improve this area?

# Spirituality



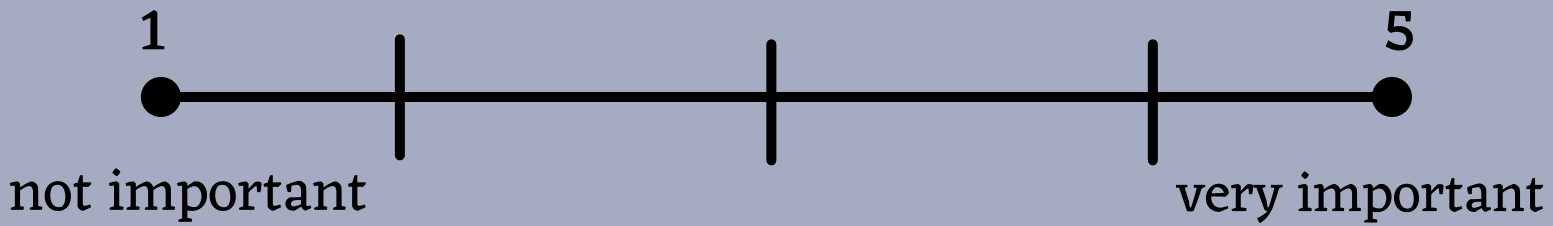
What does "spirituality" mean to you?

In what ways is spirituality important to you?

Do you feel that you are contributing enough time and effort towards your spirituality? If not, how would you like to improve this area?



# Community/citizenship

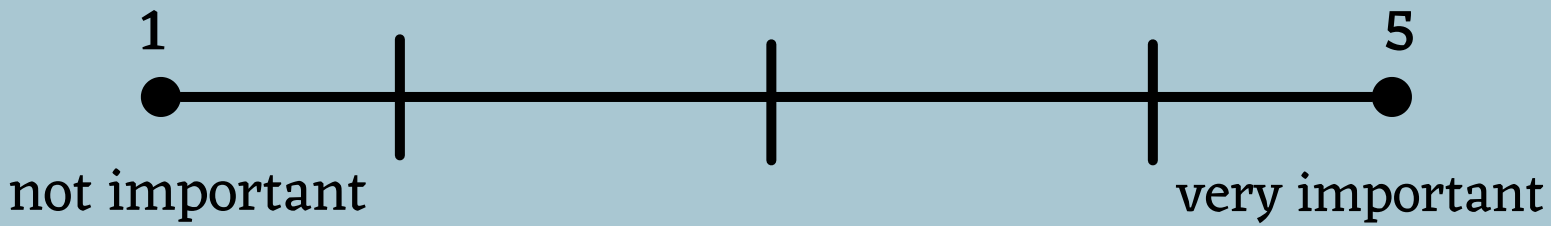


How would you like to contribute to your community, or the world? (eg. social advocacy, fund raising, etc.)

What does it mean to you to be a good member of your community, or a good citizen?

Do you feel that you are contributing enough time and effort towards your community/citizenship? If not, how would you like to improve this area?

# Physical health/ well-being



Ideally, how would you take care of your physical health and well-being?

Why is physical health important to you?

Do you feel that you are contributing enough time and effort towards your physical health/well-being? If not, how would you like to improve this area?