

1. Firstly **assess the various domains in your life** e.g. Career, Family, Parenting, Relationships, Health & Wellbeing, Community, Personal Growth & Development, Spirituality etc
2. For each of your life domains, come up with **1-3 values** that **summarise your valued direction in that domain**, e.g. 'To be a loving, supportive, caring, partner.' Read through the accompanying values sheet for to assist.
3. Once you have listed your values in each domain, **highlight any common or reoccurring values**
4. Finally come up with **your top 6 values to live by** this year.

Life Domain	Valued direction
Health Fitness & Wellbeing	
Work & Career	
Personal Growth & Development	
Family Relationships	
Parenting	
Intimate/ Couples Relationships	
Social Relationships	
Spirituality/ Meaning & Purpose	
Citizenship & Community	
Recreation	

My top 6 Values for living are: