

## SELF-GUIDED INTERVENTION

# Living a Meaningful Life

### Instructions

On the next page, you'll find a worksheet separated into 5 columns (A, B, C, D, and E).

1. Identify your own values for each of the life areas in **column A**. Write them down in **column B**.
2. Pick the top two values that are most important to you and enter them in **column C**.
3. Use **column D** to rate each of the values you wrote down in column C from 1-10 (1 being lowest & 10 being most important), based on how important that particular value is to you.
3. In **column E**, rate how successful you think you have been so far in living out the 'important values' that you identified in column C?

<b>A</b> LIFE AREAS	<b>B</b> MY VALUES	<b>C</b> TOP 3 VALUES	<b>D</b> IMPORTANCE 1-10 (1=LOWEST)	<b>E</b> SUCCESS RATING
Family	eg. Spending quality time together	1. Spending quality time together	8	3

The following is a list of commonly held values. You can use this list to help identify your own personal values.

This list is by no means exhaustive or comprehensive. Values that you hold may not be on here, so please feel free to add or use your own when filling out this worksheet.

Sustainability	Consistent	Responsibility	Diversity
Innovation	Efficient	Quality	Humility
Excellence	Humorous	Satisfaction	Transparency
Reliability	Optimistic	Delight	Results
Loyal	Positive	Support	Strategic
Committed	Nurturing	Caring	Friends
Dependable	Open-minded	Partnership	Family
Passionate	Adventurous	Best	Listening
Courageous	Resourceful	Value	Learning
Respectful	Service	Global	Educating
Inspiring	Fun	Transformation	Remarkable
Honesty	Humble	Leadership	
Integrity	Community	Teamwork	

...continued

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A LIFE AREAS	B MY VALUES	C TOP 3 VALUES	D IMPORTANCE 1-10 (1=LOWEST)	E SUCCESS RATING
Family				
Career				
Health				
Education				