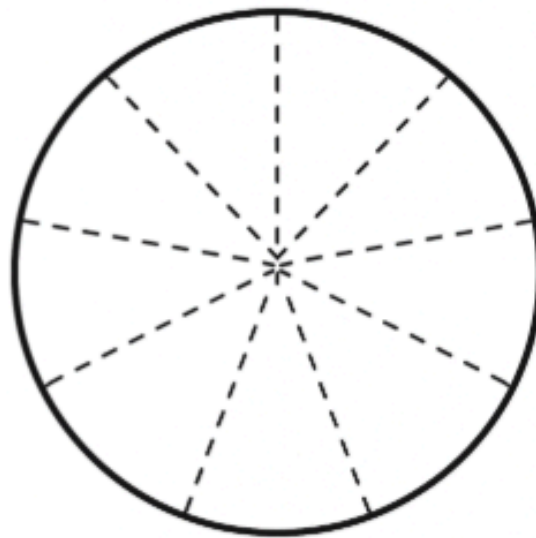


Do Your Values Match Your Life?

Use the pie graph below to plot the allocation of your time over an average week. You are only portioning up your waking hours. For e.g., if you already know that half of your day is allocated to work, then 50% of the graph will be labelled work.



Suggested categories:

- | | | | |
|---|---|---------------------------------------|--|
| <input type="checkbox"/> relationships | <input type="checkbox"/> health/wellbeing | <input type="checkbox"/> work | <input type="checkbox"/> learning |
| <input type="checkbox"/> home maintenance | <input type="checkbox"/> creativity | <input type="checkbox"/> spirituality | <input type="checkbox"/> social media/tv |
| <input type="checkbox"/> personal growth | <input type="checkbox"/> entertainment | <input type="checkbox"/> dating | <input type="checkbox"/> other |
| <input type="checkbox"/> errands | | | |

Use the category list above after filling out the circle and these categories, from #1 being the most important thing you value, #2 is still very high, etc. Go through and rank these categories (use the ones that are relevant to your life or create new ones).

On p.2 complete the comparison table.

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Time to Compare Your Actual Life With Your Values

Category	Pie Graph percentage	Value # I ranked it	Compare 😊 😐 😞

Category Where There Was a Big Difference	Action Steps to Correct the Misalignment

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