

Meaning & *motivation*

What's important to you?

Put a mark on the line where you sit between the two (they aren't opposites or in competition, just some food for thought). There's no right or wrong.

Spontaneity	←-----→	Routine
Time alone	←-----→	Surrounded by others
Creativity	←-----→	Logic
Indoors	←-----→	Outdoors
Helping people	←-----→	Helping animals
Physical	←-----→	Spiritual
Independence	←-----→	Teamwork
Money	←-----→	Morals
Being there for family	←-----→	Career
Knowledge & education	←-----→	Fun & leisure
Being a good friend	←-----→	Influencing society & politics
Honesty	←-----→	Humour

Reflecting on the above, highlight three things which are really important to you. Then write down some thoughts on how you can connect with it.

Value	I can live more in line with this value by...



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