



#RESET DAY 2

Write Down Your Values

Write your values in the four domains of life listed below. Your values should be unique to you, and there is no right or wrong answer. Think about your general life directions rather than specific goals. There may be values that overlap; for example, if you value the relationships you create with your clients, that may come under both Work and Relationships.

Note! Your value should not be a SPECIFIC goal but instead should reflect a way you would like to live your life over time.

Work/Education:

Leisure/Recreation:

Relationships:

Personal Growth/Health: