

## ACT- THE BULL'S EYE

**Your Values:** What Do you want to do with your time on this planet? What sort of person do you want to be?

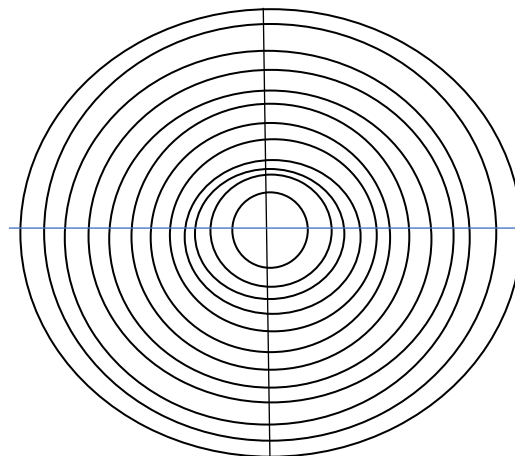
What personal strengths or qualities do you want to develop? Please write a few words under each Heading below.

1. **Work/ education:** Includes workplace, career, education, and skills development.
2. **Relationships:** Includes your partner, children, parents, relatives, friends, and co-workers.
3. **Personal Growth/ Health:** May include religion, spirituality, creativity, life skills, meditation, yoga, nature, exercise, nutrition, and or health-risk factors.
4. **Leisure:** How you play, relax, or enjoy yourself, activities for rest, recreation, fun, and creativity.

**THE BULL'S-EYE:** make an X in each area of the dartboard, to represent where you stand today

Work/Education

Leisure



Personal Growth/Health

Relationships