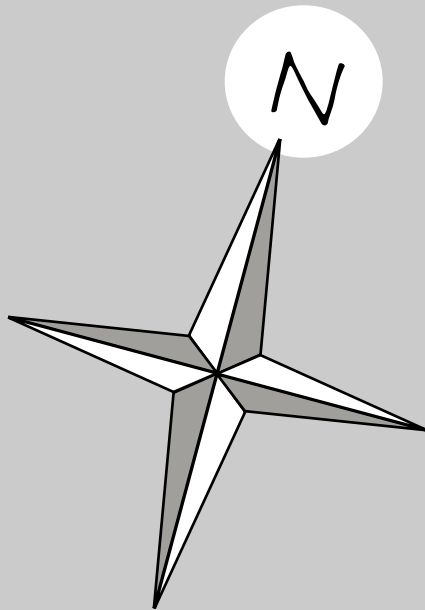


Potential Values & Themes

self-development
respect
friends
intention
family
creativity
honesty
music
inner peace
beauty
calm
career growth
hope
wisdom
companionship
love
nature
growth
balance
authenticity
financial security
community
freedom
adventure
self-understanding
generosity
gratitude
meaning
spirituality
contribution
fitness
frugality
life balance
travel
productivity
joy
music
solitude
physical health
writing
courage
compassion
achievement
learning
patience
personal mission
organization
friendship
personal development
make a difference



Live Your
Passions
Official Workbook

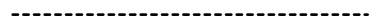
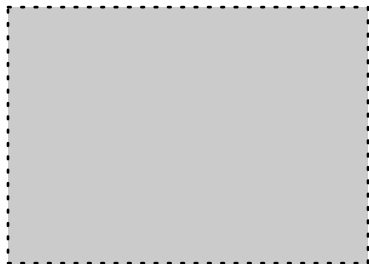
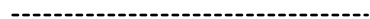
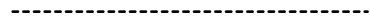
UVA Reunion Weekends



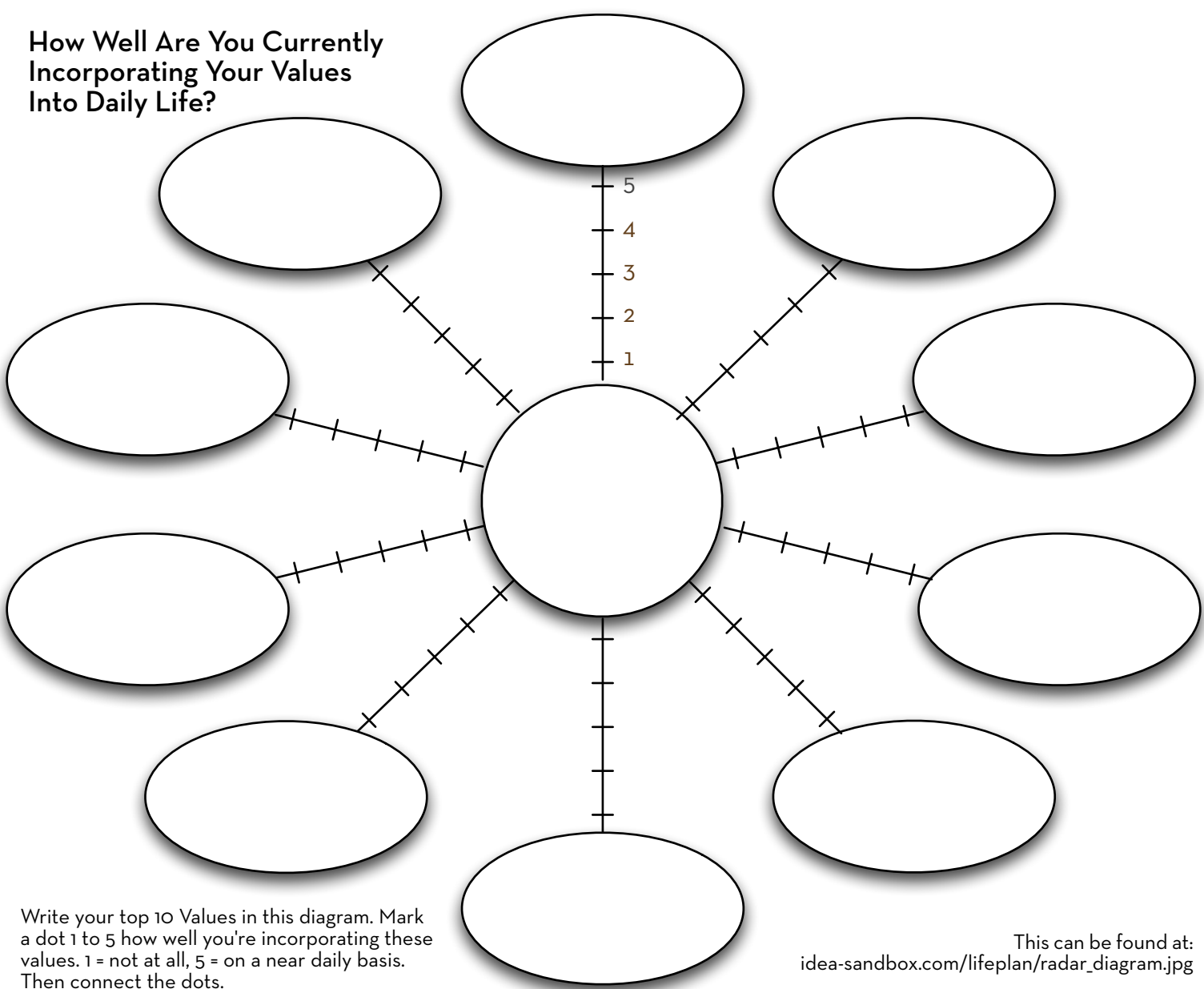
Grape Occasions



Use this page to stack your sticky notes organized by potential themes



How Well Are You Currently Incorporating Your Values Into Daily Life?



Write your top 10 Values in this diagram. Mark a dot 1 to 5 how well you're incorporating these values. 1 = not at all, 5 = on a near daily basis. Then connect the dots.

This can be found at: idea-sandbox.com/lifeplan/radar_diagram.jpg

Use This Space To Brain Map Your Themes

PERFORMANCE INDICATORS

If I had a life filled with:

I would:

ENABLING ACTIVITIES

Activities that enable those include:

If I had a life filled with:

I would:

Activities that enable those include:

If I had a life filled with:

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