

## Values assessment

Spend some time thinking about each of the life categories listed below. Reflect upon what is valuable or important for you in each of the areas and write it down in the space provided. Remember, there is no right or wrong to this and we all each hold our own values. Use the cue questions to help.

**Father** – What type of Dad do you want to be? What qualities do you value in your relationship with your child? What do you value most about being a father? How would you like to be viewed by your children?

**Partner** – What type of partner do you want to be? What qualities do you value in your relationship with your partner? How would you like to be viewed by your partner?

**Family** – What type of son, brother, uncle or cousin do you want to be? What qualities do you value in your relationships with your family? How would you like to be viewed by your family?

**Social** – What type of friend do you want to be? What qualities do you value in your relationships with your friends? How would you like to be viewed by your friends?

**Career/work** – What is important to you in your career? What values would you experience in your ideal job? If you are currently not working, what would attract you to a particular type of work?

**Hobbies/Interests** – What do you value doing in your spare time? What do you seek to get from it? If you don't have any particular interests currently, what did you value about interests you have enjoyed in the past?

**Spirituality/Meaning** – What is important to you when you think about the big questions? What do you value in your philosophy of life?