

PART I: Asking - How do I spend my time?

List of how I spend my time

List ordered by the amount of time and resources given to each task or relationship



PART II: Contemplating – How does that make me feel?

What am I doing ...
How am I spending my time ...
Who am I spending my time with ...

That brings a feeling of happiness,
joy, ease and/or authenticity?

What am I doing ...
How am I spending my time ...
Who am I spending my time with ...

**That brings feelings of frustration,
angst, tiredness and/or
inauthenticity?**

Obligations aside ...
Time constraints aside ...
Resource limitations aside ...

What does the ideal life look like?

PART III: Identifying – What do I value?

List of potential values

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Diversity | <input type="checkbox"/> Inquisitiveness | <input type="checkbox"/> Security |
| <input type="checkbox"/> Accuracy | <input type="checkbox"/> Dynamism | <input type="checkbox"/> Insightfulness | <input type="checkbox"/> Self-actualization |
| <input type="checkbox"/> Adventurousness | <input type="checkbox"/> Economy | <input type="checkbox"/> Intelligence | <input type="checkbox"/> Self-control |
| <input type="checkbox"/> Altruism | <input type="checkbox"/> Effectiveness | <input type="checkbox"/> Intuition | <input type="checkbox"/> Selflessness |
| <input type="checkbox"/> Ambition | <input type="checkbox"/> Efficiency | <input type="checkbox"/> Joy | <input type="checkbox"/> Self-reliance |
| <input type="checkbox"/> Assertiveness | <input type="checkbox"/> Elegance | <input type="checkbox"/> Justice | <input type="checkbox"/> Sensitivity |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Empathy | <input type="checkbox"/> Leadership | <input type="checkbox"/> Serenity |
| <input type="checkbox"/> Authority | <input type="checkbox"/> Enjoyment | <input type="checkbox"/> Legacy | <input type="checkbox"/> Service |
| <input type="checkbox"/> Autonomy | <input type="checkbox"/> Enthusiasm | <input type="checkbox"/> Love | <input type="checkbox"/> Simplicity |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Equality | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Soundness |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Excellence | <input type="checkbox"/> Making a difference | <input type="checkbox"/> Speed |
| <input type="checkbox"/> Being the best | <input type="checkbox"/> Excitement | <input type="checkbox"/> Mastery | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Belonging | <input type="checkbox"/> Expertise | <input type="checkbox"/> Merit | <input type="checkbox"/> Spontaneity |
| <input type="checkbox"/> Calmness | <input type="checkbox"/> Exploration | <input type="checkbox"/> Meaningful work | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Carefulness | <input type="checkbox"/> Expressiveness | <input type="checkbox"/> Obedience | <input type="checkbox"/> Strategic |
| <input type="checkbox"/> Challenge | <input type="checkbox"/> Fairness | <input type="checkbox"/> Openness | <input type="checkbox"/> Status |
| <input type="checkbox"/> Citizenship | <input type="checkbox"/> Faith | <input type="checkbox"/> Optimism | <input type="checkbox"/> Strength |
| <input type="checkbox"/> Clear mindedness | <input type="checkbox"/> Family | <input type="checkbox"/> Order | <input type="checkbox"/> Structure |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Fidelity | <input type="checkbox"/> Originality | <input type="checkbox"/> Success |
| <input type="checkbox"/> Community | <input type="checkbox"/> Fitness | <input type="checkbox"/> Patriotism | <input type="checkbox"/> Support |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Fluency | <input type="checkbox"/> Peace | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Compensation | <input type="checkbox"/> Focus | <input type="checkbox"/> Perfection | <input type="checkbox"/> Temperance |
| <input type="checkbox"/> Competency | <input type="checkbox"/> Freedom | <input type="checkbox"/> Piety | <input type="checkbox"/> Thankfulness |
| <input type="checkbox"/> Competitiveness | <input type="checkbox"/> Friendship | <input type="checkbox"/> Pleasure | <input type="checkbox"/> Thoroughness |
| <input type="checkbox"/> Consistency | <input type="checkbox"/> Fun | <input type="checkbox"/> Positivity | <input type="checkbox"/> Thoughtfulness |
| <input type="checkbox"/> Contentment | <input type="checkbox"/> Generosity | <input type="checkbox"/> Poise | <input type="checkbox"/> Timeliness |
| <input type="checkbox"/> Contribution | <input type="checkbox"/> Goodness | <input type="checkbox"/> Popularity | <input type="checkbox"/> Tolerance |
| <input type="checkbox"/> Control | <input type="checkbox"/> Growth | <input type="checkbox"/> Practicality | <input type="checkbox"/> Tradition |
| <input type="checkbox"/> Cooperation | <input type="checkbox"/> Happiness | <input type="checkbox"/> Preparedness | <input type="checkbox"/> Trustworthiness |
| <input type="checkbox"/> Correctness | <input type="checkbox"/> Hard Work | <input type="checkbox"/> Professionalism | <input type="checkbox"/> Truth-seeking |
| <input type="checkbox"/> Courtesy | <input type="checkbox"/> Health | <input type="checkbox"/> Prudence | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Helping society | <input type="checkbox"/> Quality | <input type="checkbox"/> Uniqueness |
| <input type="checkbox"/> Curiosity | <input type="checkbox"/> Holiness | <input type="checkbox"/> Recognition | <input type="checkbox"/> Unity |
| <input type="checkbox"/> Decisiveness | <input type="checkbox"/> Honesty | <input type="checkbox"/> Religion | <input type="checkbox"/> Usefulness |
| <input type="checkbox"/> Democraticness | <input type="checkbox"/> Honor | <input type="checkbox"/> Reliability | <input type="checkbox"/> Vision |
| <input type="checkbox"/> Dependability | <input type="checkbox"/> Humility | <input type="checkbox"/> Resourcefulness | <input type="checkbox"/> Vitality |
| <input type="checkbox"/> Determination | <input type="checkbox"/> Improvement | <input type="checkbox"/> Respect | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Devoutness | <input type="checkbox"/> Independence | <input type="checkbox"/> Responsibility | |
| <input type="checkbox"/> Diligence | <input type="checkbox"/> Influence | <input type="checkbox"/> Restraint | |
| <input type="checkbox"/> Discipline | <input type="checkbox"/> Ingenuity | <input type="checkbox"/> Results | |
| <input type="checkbox"/> Discretion | <input type="checkbox"/> Inner Harmony | <input type="checkbox"/> Rigor | |

PART IV: Defining – What do my values look like?

Groups of like values

Core values and definitions
