

TASK BOX



- | | | | |
|---|--|--|--|
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Determination | <input type="checkbox"/> Health | <input type="checkbox"/> Self-control |
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Discipline | <input type="checkbox"/> Honesty | <input type="checkbox"/> Selflessness |
| <input type="checkbox"/> Altruism | <input type="checkbox"/> Diversity | <input type="checkbox"/> Independence | <input type="checkbox"/> Self-reliance |
| <input type="checkbox"/> Ambition | <input type="checkbox"/> Empathy | <input type="checkbox"/> Integrity | <input type="checkbox"/> Sensitivity |
| <input type="checkbox"/> Assertiveness | <input type="checkbox"/> Enjoyment | <input type="checkbox"/> Intelligence | <input type="checkbox"/> Service |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Enthusiasm | <input type="checkbox"/> Intuition | <input type="checkbox"/> Simplicity |
| <input type="checkbox"/> Belonging | <input type="checkbox"/> Excellence | <input type="checkbox"/> Joy | <input type="checkbox"/> Speed |
| <input type="checkbox"/> Calmness | <input type="checkbox"/> Excitement | <input type="checkbox"/> Leadership | <input type="checkbox"/> Spontaneity |
| <input type="checkbox"/> Challenge | <input type="checkbox"/> Expertise | <input type="checkbox"/> Legacy | <input type="checkbox"/> Strength |
| <input type="checkbox"/> Cheerfulness | <input type="checkbox"/> Exploration | <input type="checkbox"/> Love | <input type="checkbox"/> Structure |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Faith | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Success |
| <input type="checkbox"/> Community | <input type="checkbox"/> Family | <input type="checkbox"/> Openness | <input type="checkbox"/> Support |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Fitness | <input type="checkbox"/> Originality | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Contentment | <input type="checkbox"/> Focus | <input type="checkbox"/> Perfection | <input type="checkbox"/> Thoughtfulness |
| <input type="checkbox"/> Contribution | <input type="checkbox"/> Freedom | <input type="checkbox"/> Positivity | <input type="checkbox"/> Trustworthiness |
| <input type="checkbox"/> Control | <input type="checkbox"/> Fun | <input type="checkbox"/> Practicality | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Generosity | <input type="checkbox"/> Professionalism | <input type="checkbox"/> Unity |
| <input type="checkbox"/> Courtesy | <input type="checkbox"/> Gratitude | <input type="checkbox"/> Punctuality | <input type="checkbox"/> Usefulness |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Growth | <input type="checkbox"/> Quality | <input type="checkbox"/> Vision |
| <input type="checkbox"/> Curiosity | <input type="checkbox"/> happiness | <input type="checkbox"/> Reliability | <input type="checkbox"/> Vitality |
| <input type="checkbox"/> Decisiveness | <input type="checkbox"/> Hard Work | <input type="checkbox"/> Resourcefulness | <input type="checkbox"/> Wealth |

Using the Task Box opposing, identify the top 5 values that resonate most with you. Feel free to add your own. Write your values in the space below, prioritising your values from 1–5.

(Need inspiration? Think about when you've been at your happiest. What was important for you at the time?)

1. _____
2. _____
3. _____
4. _____
5. _____

Use your values to guide the decisions you make in your everyday life, and see how you feel.