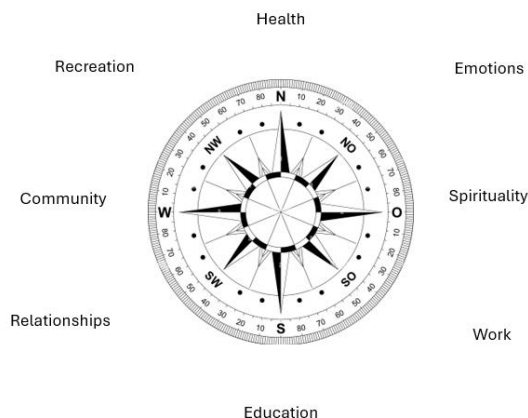


Life Compass worksheet (Values and Motivation)



A life compass assessment is a useful way of establishing whether you are living to your values. When we complete a life compass what we are trying to do is to understand the aspects of our lives that are important to us. We can then look at the areas of our life that we may be neglecting, and areas on which we can improve. You can complete your life compass by answering the questions in each category (completing each box), then rate how important this aspect is and whether you are currently living toward these values.

<p>Physical and Health: What type of person do you want to be? What do you want your physical/health to look like? How would you behave? What strengths and qualities would you have?</p>	<div style="border: 1px solid black; height: 150px; margin-bottom: 10px;"></div> <p>How important is this to you (0 being not important and 10 being extremely important)</p> <p>0-----10</p> <hr/> <p>How much are you living by this value right now? (0 being not at all and 10 being all the time)</p> <p>0-----10</p>
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<p>Emotional: What type of person do you want to be? What do you want your emotions to look like? How would you behave?</p>	<div style="border: 1px solid black; height: 100px;"></div>
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<p>What strengths and qualities would you have?</p>	
	<p>How important is this to you (0 being not important and 10 being extremely important)</p> <p>0-----10</p>
	<p>How much are you living by this value right now? (0 being not at all and 10 being all the time)</p> <p>0-----10</p>

<p>Spirituality: What type of person do you want to be? What do you want your spirituality to look like? How would you behave? What strengths and qualities would you have?</p>	
	<p>How important is this to you (0 being not important and 10 being extremely important)</p> <p>0-----10</p>
	<p>How much are you living by this value right now? (0 being not at all and 10 being all the time)</p> <p>0-----10</p>

<p>Work and career: What type of person do you want to be? What do you want your work/career to look like? How would you behave? What strengths and qualities would you have?</p>	
	<p>How important is this to you (0 being not important and 10 being extremely important)</p> <p>0-----10</p>
	<p>How much are you living by this value right now? (0 being not at all and 10 being all the time)</p>

	0-----10
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<p>Education: What type of person do you want to be? What do you want education to look like? How would you behave? What strengths and qualities would you have?</p>	
	<p>How important is this to you (0 being not important and 10 being extremely important)</p> <p>0-----10</p>
	<p>How much are you living by this value right now? (0 being not at all and 10 being all the time)</p> <p>0-----10</p>

<p>Relationships: What type of person do you want to be? What do you want your relationships to look like? How would you behave? What strengths and qualities would you have?</p>	
	<p>How important is this to you (0 being not important and 10 being extremely important)</p> <p>0-----10</p>
	<p>How much are you living by this value right now? (0 being not at all and 10 being all the time)</p> <p>0-----10</p>

<p>Community life/connection with nature: What type of person do you want to be? What do you want this aspect to look like? How would you behave? What strengths and qualities would you have?</p>	
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	How important is this to you (0 being not important and 10 being extremely important)
	0-----10
	How much are you living by this value right now? (0 being not at all and 10 being all the time)
	0-----10

<p>Recreation and Leisure: What type of person do you want to be? What do you want your recreational time to look like? How would you behave? What strengths and qualities would you have?</p>	
	How important is this to you (0 being not important and 10 being extremely important)
	0-----10
	How much are you living by this value right now? (0 being not at all and 10 being all the time)
	0-----10