

MY TOP FIVE LIFE VALUES

Value	My Definition	Why Do I Value This?	Actions
Example (work): Independence	<i>Being able to work on my own without much supervision or interference from others.</i>	<i>I believe I think better and produce my best work when I have adequate freedom to do so.</i>	<i>Ask for a work-from-home day once a week. Work for myself.</i>
Work 1.			
Love 2.			
Play 3.			
Spirituality 4.			
Physical well-being 5.			