Life Areas, Values, and Activities Inventory

Life Area (1/5): Relationships

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| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1:
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| * Activity 2:
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| * Activity 3:
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| * Activity 4:
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| * Activity 5:
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| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1:
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| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1:
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| * Activity 2:
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| * Activity 3:
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| * Activity 4:
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| * Activity 5:
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Life Areas, Values, and Activities Inventory

Life Area (2/5): Education/Career

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| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1:
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| * Activity 2:
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| * Activity 3:
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| * Activity 4:
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| * Activity 5:
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| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1:
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| * Activity 4:
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| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1:
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| * Activity 2:
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| * Activity 3:
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| * Activity 4:
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| * Activity 5:
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Life Areas, Values, and Activities Inventory

Life Area (3/5): Recreation/Interests

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| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1:
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| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1:
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| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1:
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| * Activity 3:
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| * Activity 4:
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| * Activity 5:
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Life Areas, Values, and Activities Inventory

Life Area (4/5): Mind, Body, & Spirituality

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| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1:
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| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1:
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| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1:
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| * Activity 3:
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| * Activity 4:
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| * Activity 5:
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Life Areas, Values, and Activities Inventory

Life Area (5/5): Daily Responsibilities

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| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1:
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| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1:
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| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1:
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| * Activity 4:
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| * Activity 5:
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