Life Areas, Values, and Activities Inventory

Life Area (1/5): Relationships

|  |  |  |
| --- | --- | --- |
| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1: |  |  |
| * Activity 2: |  |  |
| * Activity 3: |  |  |
| * Activity 4: |  |  |
| * Activity 5: |  |  |

|  |  |  |
| --- | --- | --- |
| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1: |  |  |
| * Activity 2: |  |  |
| * Activity 3: |  |  |
| * Activity 4: |  |  |
| * Activity 5: |  |  |

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| --- | --- | --- |
| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1: |  |  |
| * Activity 2: |  |  |
| * Activity 3: |  |  |
| * Activity 4: |  |  |
| * Activity 5: |  |  |

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: |  |  |
| * Activity 2: |  |  |
| * Activity 3: |  |  |
| * Activity 4: |  |  |
| * Activity 5: |  |  |

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| --- | --- | --- |
| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1: |  |  |
| * Activity 2: |  |  |
| * Activity 3: |  |  |
| * Activity 4: |  |  |
| * Activity 5: |  |  |

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| --- | --- | --- |
| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1: |  |  |
| * Activity 2: |  |  |
| * Activity 3: |  |  |
| * Activity 4: |  |  |
| * Activity 5: |  |  |

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: |  |  |
| * Activity 2: |  |  |
| * Activity 3: |  |  |
| * Activity 4: |  |  |
| * Activity 5: |  |  |

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| --- | --- | --- |
| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1: |  |  |
| * Activity 2: |  |  |
| * Activity 3: |  |  |
| * Activity 4: |  |  |
| * Activity 5: |  |  |

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| --- | --- | --- |
| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1: |  |  |
| * Activity 2: |  |  |
| * Activity 3: |  |  |
| * Activity 4: |  |  |
| * Activity 5: |  |  |

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: |  |  |
| * Activity 2: |  |  |
| * Activity 3: |  |  |
| * Activity 4: |  |  |
| * Activity 5: |  |  |

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| --- | --- | --- |
| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1: |  |  |
| * Activity 2: |  |  |
| * Activity 3: |  |  |
| * Activity 4: |  |  |
| * Activity 5: |  |  |

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| --- | --- | --- |
| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1: |  |  |
| * Activity 2: |  |  |
| * Activity 3: |  |  |
| * Activity 4: |  |  |
| * Activity 5: |  |  |

Life Areas, Values, and Activities Inventory

Life Area (5/5): Daily Responsibilities

|  |  |  |
| --- | --- | --- |
| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1: |  |  |
| * Activity 2: |  |  |
| * Activity 3: |  |  |
| * Activity 4: |  |  |
| * Activity 5: |  |  |

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| --- | --- | --- |
| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1: |  |  |
| * Activity 2: |  |  |
| * Activity 3: |  |  |
| * Activity 4: |  |  |
| * Activity 5: |  |  |

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| --- | --- | --- |
| Value: | Enjoyment (0-10) | Importance (0-10) |
| * Activity 1: |  |  |
| * Activity 2: |  |  |
| * Activity 3: |  |  |
| * Activity 4: |  |  |
| * Activity 5: |  |  |