

2. Boiling down your values into three or four key words

Now you have written down your values, let us simplify them. Stand back a bit in your mind and come up with three or four words for each value area that sums it up for you. For example, Janet could say, in her relationships area, 'Understanding and forgiving', Aleena could say, 'Trusting, brave and close', Mandy could say, 'Confident and caring', whilst Rick could say, 'Managing my anger and appreciating people'.

Boil down your values statements here into a few key words:



- Relationships
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Get Your Life Back



- Health
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- How I Occupy My Day
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- Leisure/Growth
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