

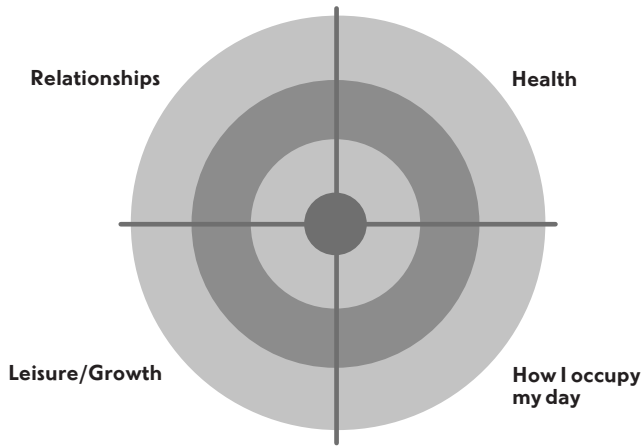
Why Change? Values and Goals

Have a go yourself below by putting a cross in each of the four areas:

My Bull's Eye



Date: _____



If you notice anything about your bull's eye, write it here:



Get Your Life Back

Which of these four areas do you think is most important to you right now? This might change from time to time as you go along. Write down which area(s) is/are most important here:



Excellent, well done! You can come back to this bull's eye and see how your progress is going later.