

Have a go yourself. Write down your key words under each value area heading like Janet did. Then just notice how your actions have been last week. Notice any judgements you are making and see if you can just describe your actions, without any judgement words. Write down examples of actions that were in line and actions that were out of line in your life last week.

Get Your Life Back

My values

My actions last week



<p>Relationships</p> <hr/> <hr/> <hr/>	<ul style="list-style-type: none">• In line <hr/> <ul style="list-style-type: none">• Out of line <hr/>
<p>How I occupy my day</p> <hr/> <hr/> <hr/>	<ul style="list-style-type: none">• In line <hr/> <ul style="list-style-type: none">• Out of line <hr/>
<p>Leisure/growth</p> <hr/> <hr/> <hr/>	<ul style="list-style-type: none">• In line <hr/> <ul style="list-style-type: none">• Out of line <hr/>
<p>Health</p> <hr/> <hr/> <hr/>	<ul style="list-style-type: none">• In line <hr/> <ul style="list-style-type: none">• Out of line <hr/>