

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/>

You may notice that many actions we take in life can be seen as steps towards or steps away from our values. For example, Janet scowling at her colleagues is a step away from her values of being understanding and forgiving. Looking at things from her colleague Celia's point of view is a