ALCHEMY PRACTICE

VALUES / ACT WORKSHEET

The Life Compass

Reflect on what matters to you in each area of life. Consider the kind of person you want to be, the personal strengths and qualities you want to cultivate, and how you would ideally like to behave.

Write a few key words in each box. Rate how important those values are to you and how fully you are living them now. Leave any area blank if it does not apply.

UPPER BOX · Importance: 0 = not important 10 = extremely important
LOWER BOX · Living your values: 0 = not at all 10 = fully

Parenting

Values / qualities:

Personal Growth

Values / qualities:

Leisure

Values / qualities:

Spirituality

Values / qualities:

Health

Values / qualities:

Work

Values / qualities:

Community & Environment

Values / qualities:

Family Relationships

Values / qualities:

Intimate Relationships

Values / qualities:

Social Relationships

Values / qualities:

Reflection

What matters most right now? Which areas may need more attention?

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