

## The Bull's-eye Activity

Name: \_\_\_\_\_

Outcome: 1.1 analyze the relationship between values and personal health practices

Our lives are most often divided into 4 major groups:

- Work/Education – school, job, skills
- Relationships – family, friends, classmates, boyfriend/girlfriend
- Personal Growth – life skills, creativity, religion, spirituality, meditation
- Leisure – how you play, relax, enjoy yourself, fun

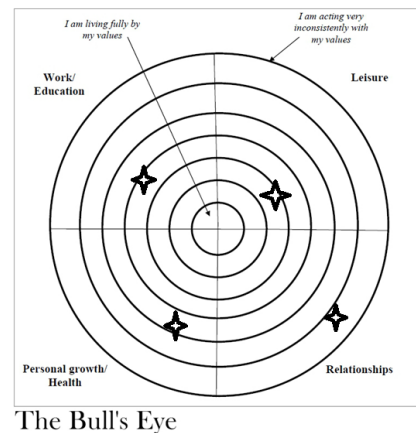
You begin by listing your values for each of these parts of your life. You can use the list of values handout to get you started.

In doing so, think about what really matters to you, deep in your heart? What do you want to do with your time on the planet? What sort of person do you want to be? What personal strengths and/or qualities do you want to be remembered for?

These lists can be as long or short as you like, but in identifying these values, bear in mind these five key points:

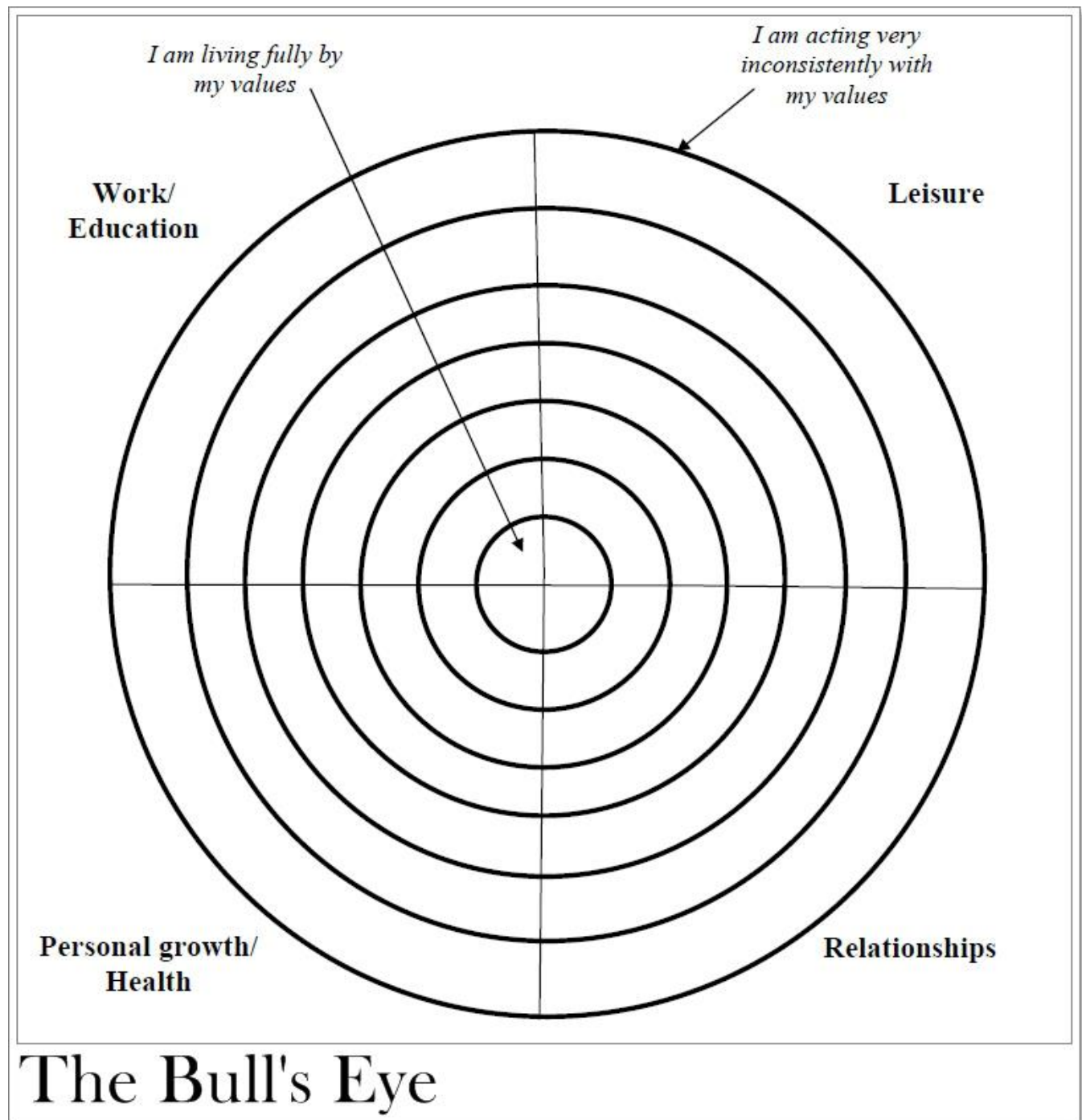
1. Values are here and now, goals are the future.
2. Values never need to be justified.
3. Values often need to be prioritized.
4. Values are best held tightly.
5. Values are freely chosen.

When your list is completed, place an X in each quadrant of the bull's eye to show where you are with your personal values for that section. In the example shown here, the person is doing well with their **Leisure** goals, but needs to work on achieving their **Relationships** goals.



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Adapted from Dr. Russ Harris