|  |
| --- |
| **VALUES NARRATIVE WORKSHEET** |
| ***Family***  What type of sister/brother do you want to be? What type of parent do you want to be? How do you want to interact with your family members? |
| ***Friends***  What type of friend do you want to be? What does it mean to be a good friend? How would you behave toward your best friend? Why is friendship important to you? |
| ***Romantic Relationships***  What is your ideal relationship like? What kind of partner do you want to be in an intimate relationship? How would you treat your partner? What type of relationship would you like to have? |
| ***Leisure***  What type of activities do you enjoy? What type of activities would you really like to engage in? Why do you enjoy them? |
| ***Citizenship***  What can you do to make the world a brighter place? Are community activities (e.g., volunteering, voting, etc) important to you? Why? |
| ***Spirituality***  This domain does not necessarily refer to organised religion. It is about faith and spirituality. Why is faith important to you? If this is an important area of your life, what is it that makes this so important? |
| ***Health***  Write down your values related to maintaining your physical well-being. Why do you take care of yourself? How do you take care of yourself? |
| ***Education***  Why is learning important to you? Are there any skills you’d like to learn? |
| ***Career***  What do you value about your career? Financial security? A career in the helping profession? Intellectual challenge? Independence? Prestige? Getting to interact with other people? What type of work would you like to do? |