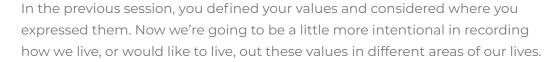


## **Be Your Self(ie)**

## **Living Your Values**





## **Instructions**

How I represent my values:

My Values:

Focus on the 4 main parts of your life, and fill in as much as you can for how you represent your values on and offline. Write down what you would like to do in the future, set intentions, and record what you are currently doing.

<b>LOVE</b> (family, relatives, friends)	<b>WORK</b> (school, homework, paid work, and unpaid work such as internships, volunteering, or helping at home)
Offline:	Offline:
Online:	Online:
<b>PLAY</b> (rest and relaxation, hobbies, creativity, sport, and all forms of leisure, recreation, and entertainment)	<b>HEALTH</b> (physical, psychological, emotional, or spiritual health and wellbeing)
Offline:	Offline:
Online:	Online:



## **Reflections & Actions**