

Your Personal Goals and Values

<p>What are the things you most enjoy doing? (Be honest!)</p>	
<p>What must you do every single day for you to feel fulfilled in your work?</p>	
<p>What are your most important values?</p> <ul style="list-style-type: none"> • Work or career • Family and personal relationships • Social relationships • Financial security • Spiritual well being • Your health • Fun • Others 	
<p>What weaknesses have other people commented on about you and what do you believe are your weaknesses?</p> <p>How can you minimise the effect these have on your life by either eradicating them or avoiding situations where they are problematical?</p>	
<p>What strengths have other people commented on about you and your accomplishments?</p> <p>What strengths do you see in yourself?</p> <p>How might you capitalise on these strengths to achieve the more of the things that you enjoy or are important to you?</p>	