Form 2. Life Areas, Values, and Activities Inventory

Life Area (1/5): Relationships

Value:	**Enjoyment (0-10)**	**Importance (0-10)**
• Activity 1:		
• Activity 2:		
• Activity 3:		
• Activity 4:		
• Activity 5:		

Value:	**Enjoyment (0-10)**	**Importance (0-10)**
• Activity 1:		
• Activity 2:		
• Activity 3:		
• Activity 4:		
• Activity 5:		

Value:	**Enjoyment (0-10)**	**Importance (0-10)**
• Activity 1:		
• Activity 2:		
• Activity 3:		
• Activity 4:		
• Activity 5:		

Form 2. Life Areas, Values, and Activities Inventory

Life Area (2/5): Life Area: Education/Career

Value:	**Enjoyment (0-10)**	**Importance (0-10)**
• Activity 1:		
• Activity 2:		
• Activity 3:		
• Activity 4:		
• Activity 5:		

Value:	**Enjoyment (0-10)**	**Importance (0-10)**
• Activity 1:		
• Activity 2:		
• Activity 3:		
• Activity 4:		
• Activity 5:		

Value:	**Enjoyment (0-10)**	**Importance (0-10)**
• Activity 1:		
• Activity 2:		
• Activity 3:		
• Activity 4:		
• Activity 5:		

Form 2. Life Areas, Values, and Activities Inventory

Life Area (3/5): Life Area: Recreation/Interests

Value:	**Enjoyment (0-10)**	**Importance (0-10)**
• Activity 1:		
• Activity 2:		
• Activity 3:		
• Activity 4:		
• Activity 5:		

Value:	**Enjoyment (0-10)**	**Importance (0-10)**
• Activity 1:		
• Activity 2:		
• Activity 3:		
• Activity 4:		
• Activity 5:		

Value:	**Enjoyment (0-10)**	**Importance (0-10)**
• Activity 1:		
• Activity 2:		
• Activity 3:		
• Activity 4:		
• Activity 5:		

Form 2. Life Areas, Values, and Activities Inventory

Life Area (4/5): Life Area: Mind, Body, & Spirituality

Value:	**Enjoyment (0-10)**	**Importance (0-10)**
• Activity 1:		
• Activity 2:		
• Activity 3:		
• Activity 4:		
• Activity 5:		

Value:	**Enjoyment (0-10)**	**Importance (0-10)**
• Activity 1:		
• Activity 2:		
• Activity 3:		
• Activity 4:		
• Activity 5:		

Value:	**Enjoyment (0-10)**	**Importance (0-10)**
• Activity 1:		
• Activity 2:		
• Activity 3:		
• Activity 4:		
• Activity 5:		

Form 2. Life Areas, Values, and Activities Inventory

Life Area (5/5): Life Area: Daily Responsibilities

Value:	**Enjoyment (0-10)**	**Importance (0-10)**
• Activity 1:		
• Activity 2:		
• Activity 3:		
• Activity 4:		
• Activity 5:		

Value:	**Enjoyment (0-10)**	**Importance (0-10)**
• Activity 1:		
• Activity 2:		
• Activity 3:		
• Activity 4:		
• Activity 5:		

Value:	**Enjoyment (0-10)**	**Importance (0-10)**
• Activity 1:		
• Activity 2:		
• Activity 3:		
• Activity 4:		
• Activity 5:		