

BUILD THE LIFE YOU WANT

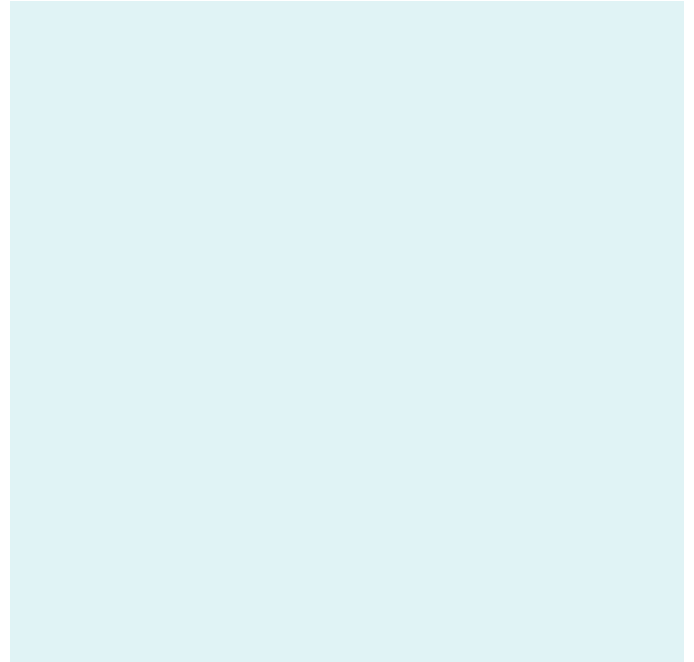
WORKSHEET

INTRODUCTION: In this exercise, you will reflect on four different categories: core values, interests, skills, and life goals. These key, foundational categories will help guide the choices you make in your adult life and enable you to live your life more intentionally. After you complete this exercise, you are ready to build the life you want!

CORE VALUES

Make a list of 5-10 values you consider to be most meaningful in your life. What values are important to you? These values could be concepts that guide your life currently or traits that you admire and aspire to have.

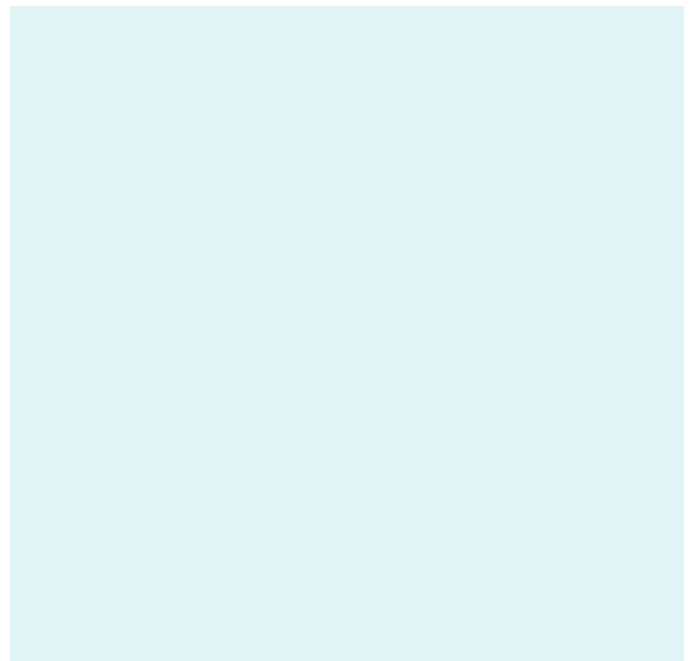
Examples: kindness, generosity, humility, privacy, curiosity, courage



INTERESTS

Make a list of 5-10 of your favorite interests. These could be activities, hobbies, or ways that you enjoy spending time. Where do you feel most at peace? What energizes you? How do you like to have fun?

Examples: international travel, learning languages, skiing, hiking, socializing with friends, relaxing at the beach, and cooking.



SKILLS

Make a list of 5-10 of your skills. To identify your skills, consider what you are good at, and ask yourself these questions: *Where do I excel? What do friends and family ask me to help them with? What do people depend on me for? What skills do I use at my job?*

As part of this step, ask three people who know you well to give you their list of 5-10 skills they believe you have. Combine your list with the lists you receive, and pay particular attention to skills that show up on more than one list.

Examples: listening, learning languages, fixing cars, cooking, hosting parties, public speaking, writing, being diplomatic, playing guitar, and making people laugh.

LIFE GOALS

Make a list of 5 of your overarching life goals. To identify your life goals, ask yourself these questions: *What do I want to prioritize in my life? How do I want to spend my time and energy? When I'm 80 years old, what will I regret having NOT experienced? And what will I feel proud of?*

Examples: Spend time with my spouse and children. Give back to my community. Find a career that is meaningful to me. Buy a boat and spend time at the lake. Read and learn as much as I can. Enjoy physical exercise.