Life Areas, Values and Activities Inventory

Life area: Relationships

Value:	Enjoyment (0–10)	Importance (0–10)
Activity 1:		
Activity 2:		
Activity 3:		
Activity 4:		
Activity 5:		

Life area: Education/career

Value:	Enjoyment (0–10)	Importance (0–10)
Activity 1:		
Activity 2:		
Activity 3:		
Activity 4:		
Activity 5:		

Life area: Recreation/interests

Value:	Enjoyment (0–10)	Importance (0–10)
Activity 1:		
Activity 2:		
Activity 3:		
Activity 4:		
Activity 5:		

Life area: Mind/body/spirituality

Value:	Enjoyment (0–10)	Importance (0–10)
Activity 1:		
Activity 2:		
Activity 3:		
Activity 4:		
Activity 5:		

Life area: Daily responsibilities

Value:	Enjoyment (0–10)	Importance (0–10)
Activity 1:		
Activity 2:		
Activity 3:		
Activity 4:		
Activity 5:		