

VBC SHEET

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VALUES

GUIDING PRINCIPLES, STANDARDS, PREFERENCES, & IDEALS THAT ARE MOST IMPORTANT TO YOU

BELIEFS

CONVICTIONS & PHILOSOPHIES FOR MEETING YOUR VALUES

COMMITMENTS

ACTIONS, PROMISES, & THE DEDICATION TO UPHOLDING BELIEFS & MEETING VALUES

"I VALUE BEING..."

"I BELIEVE THAT..."

"I WILL..."

<p>PHYSICAL Health, nutrition, energy, exercise, flexibility, strength, and vitality</p>			
<p>EMOTIONAL Feelings, attitudes, self-esteem, confidence, worth, and virtue</p>			
<p>INTELLECTUAL Knowledge, talents, and learning (books, videos, CDs, seminars)</p>			
<p>SPIRITUAL Religion, supernatural, inner peace, meditation, prayer, and worship</p>			
<p>RECREATIONAL Fun, entertainment, hobbies, possessions, vacations, and living space</p>			

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<p>FAMILY Significant other(s), love, parents/ guardians, siblings, and kids</p>			
<p>SOCIAL friends, mentors, advisors, acquaintances, colleagues, and peers</p>			
<p>GOODWILL community outreach, charity, contribution, and philanthropy</p>			
<p>ACHIEVEMENT Career aspirations, skills, promotion, local/global impact, and legacy</p>			
<p>FINANCIAL Well-being, net worth, independence, and retirement outlook</p>			