## Values Assessment- Life Web

The diagram below represents the six main aspects of a person's life. Using a scale from 1-10, where 1 is little importance and in the centre and 10 most important and is on the outside indicate with an X how important each dimension is to you TODAY.

Now using a different symbol indicate where you would like your focus to be in 5 years time. **Consider how you will close the gaps.** 

