



Learning more about your **values**

These prompts might help you to learn more about your values.

When you're 90 years old and looking back on your life,
how would you complete these 3 sentences:



I spent too much time worrying about ...



I did not spend enough time doing things such as ...



If I could go back in time, what I'd do differently is ...

how YOU want to be
how you want YOUR LIFE to be