



What matters to me

VALUES AND WHEEL OF LIFE

Rate the areas of your life and see where you want to restore balance.



How to fill it in

- ✓ rate each area on a scale from 0 to 10
- ✓ mark a point on each spoke and join the points
- ✓ see where the wheel is "flat"
- ✓ choose 1 or 2 areas to work on first

Values that matter to me (circle a few)

freedom health family honesty growth calm friendship spirituality responsibility courage
gratitude respect closeness agency meaning joy stability helping creativity dignity

Three values I want to be guided by in recovery: