

Value clarification task: Explore what sort of person you want to be. Then rate how important that area is for you from 0 (not important) to 10 (of the highest importance), and the extent that health is related to that valued area.

Valued area	Example values	What sort of person would you like to be in this area?	Importance (0 to 10)	Effect of health and fitness
Health and fitness	<i>Engaging</i> in exercise; <i>playing</i> sport; <i>caring</i> for myself; <i>striving</i> to be active, mobile, have strength, endurance, flexibility, positive appearance, and manage physical tension effectively; <i>Challenging</i> myself; <i>Running</i> ; <i>Lifting</i> ; <i>Playing</i> ; <i>Dancing</i> <i>Enjoying</i> healthy food; <i>Striving</i> to eat in a way that promotes sustained energy and healthy immune function			Not applicable
Intimate relationships	Caring; supporting; connecting; accepting; being honest; opening up; nurturing; communicating well; helping; loving; being assertive; being attentive; being present; listening; having fun; being forgiving; being kind			
Friendship and other relations	As for intimate relationships above			
Personal development	Discovering, striving to understand, accomplishing, improving, learning			
Work	Achieving; contributing; being effective; resolving disputes; having influence; building; creating			
Spirituality	Connecting with God or the universe; acting consistently with my religious beliefs or faith			
Community	Promoting justice; caring for the weak; helping others; lending a hand; improving or protecting the environment			
Recreation	Enjoying music, art and/or drama; listening to playing music; creating; adventuring; discovering; collecting; building; enjoying food and drink; exploring; inventing; fixing			
Safety, security and sustenance	Keeping myself and others safe from danger; providing for myself and others			

