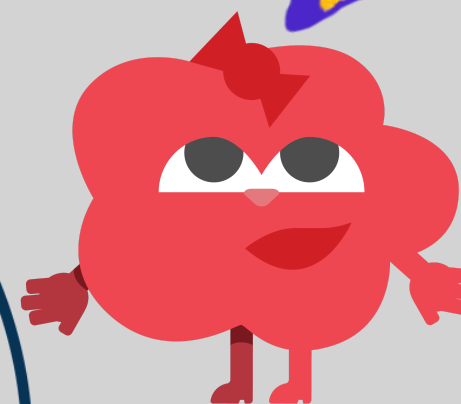


Spending time with family Hanging out with friends Sport Staying fit Being Healthy Church Family Volunteering and serving Getting outdoors Pets Nature Travel Holidays Hobbies Work Having goals Education Reading Creativity Fashion Care for the environment Prayer & worship Cooking & hospitality Home improvements Financial planning Having fun Laughter Writing Dreaming Caring for the planet



**What's
important
to you?**



Get to know each other better - what is important to each of you?

You are invited to spend time with your family this week thinking about what is important to you all and how you can make small steps towards putting your values in to action.

Use as much or as little of the sheet as you wish - whenever suits - make it work for you and your family. The important thing is to ask yourselves 'Are we pursuing what is important'?



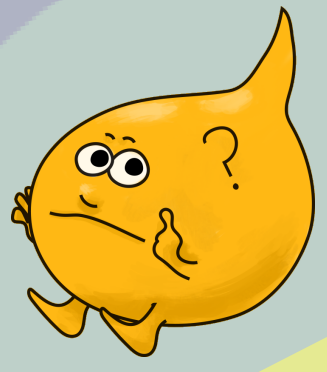
This resource is designed to help you talk about what's important to you. After you've identified and listed what's important, ask what one thing you could do (on a daily weekly or monthly basis) to put your value into practice.





Relationships

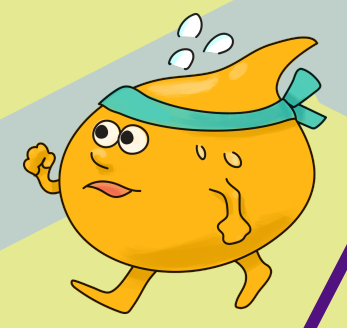
Who is important to me?
family, friends, neighbours,
colleagues, church family, God



What change could I make to show
this in my life?

Activities & Interests

What brings me life?
What makes me most happy?



What change could I make to show
this in my life?



Lifestyle choices

What is important to me?
Keeping fit, eating healthily etc.

Rest & Restoration

What is important to me?
Looking after body, mind,
spirit

World Focus

What is important to me?
Caring for other people/planet



What change could I make to show
this in my life?

What change could I make to show
this in my life?



What change could I make to show
this in my life?

It's A
Wonderful
Life

