

1. Select two value image cards that represent a positive experience from your past based on a good event, a good story or an achievement. E.g., Family, sports, friends, and relations to other people, activities, things, and places of value to you.

My VALUES from the past
1
2
Your key reflections on your chosen values.

2. Select two new value image cards that represent your present values.

My present VALUES
1
2
Write your key reflections on your chosen values: What are the links between your past and present values?

3. Select one new value image card that represents your goal for the future.

My VALUES for the future
1
In what way will the value that you have identified influence your future?