1. **Work/Education**: refers to your workplace, career, education and knowledge, skills development, etc.

2. **Relationships**: refers to intimacy, closeness, friendship and bonding in your life: it includes relationships with your partner, children, parents, relatives, friends, co-workers, and other social contacts.

3. **Personal Growth/Health**: refers to your ongoing development as a human being. This may include organized religion, personal expressions of spirituality, creativity, developing life skills, meditation, yoga, getting out into nature; exercise, nutrition, and addressing health risk factors like smoking

4. **Leisure**: refers to how you play, relax, stimulate, or enjoy yourself; your hobbies or other activities for rest, recreation, fun and creativity.

**THE BULL’S EYE**: Read through your values, then make an X in each area of the dart board, to represent where you stand today. An X in the Bull’s Eye (the centre of the board) means that you are living fully by your values in that area of life. An X far from Bull’s Eye means that you are way off the mark in terms of living by your values.

Since there are four areas of valued living, you should mark **four Xs** on the dart board.