Earley Wellness

Defining Your Values

1. **What are your three greatest strengths? Greatest weaknesses?**

2. **What does your "ideal life" look like?**

3. **What gives meaning to your life?**

3. **Who are the two people you like and respect the most? What characteristics do you admire in them?**

4. **What would you like people to say about you if they were asked to describe "who you are".**

Be Well....