LOVE **(**deepest, most meaningful relationships – including children, partner, parents, close friends and relatives) My Values: Short Term Goals: Medium Term Goals: Long Term Goals :	**WORK** **(**paid work, studying/ education/ apprenticeships, and unpaid work such as volunteering, or domestic duties) My Values: Short Term Goals: Medium Term Goals: Long Term Goals :
PLAY (rest and relaxation, hobbies, creativity, sport, and all forms of leisure, recreation and entertainment) My Values: Short Term Goals: Medium Term Goals: Long Term Goals :	**HEALTH** (physical, psychological, emotional, or spiritual health and wellbeing.) My Values: Short Term Goals: Medium Term Goals: Long Term Goals :

copyright Russ Harris 2010
www.thehappinesstrap.com