roots/values/meaning and roles/activities/life areas

Roots/values/meaning highlight qualities which are most important to us. It is good too to think out what the main Roles we fulfil in our lives are. This helps us avoid allowing ourselves to become unbalanced or one-sided. It's usually best to combine or link activities and life areas so that we end with 8 roles or less. The Self-care role is made up of activities that look after one's health & wellbeing on all levels. It should be non-negotiable as a role. Without it all other roles start to crumble and lose energy & effectiveness.

roots/values/meaning	role	specific areas & activities covered by each role
Roots/values/meaning represent the qualities which are most important to us. Possible examples include integrity, kindness, courage & humour. The Respected figures exercise from the companion handout on Goals/values/meaning is a good way of exploring this crucial issue for ourselves. If we don't have qualities we deeply respect underpinning what we do in our lives, then all our achievements are likely to feel hollow & unsatisfying. In this column, jot down words or phrases indicating what qualities it feels most important for you to base your life on:		
	self care	