

<learning> (What will fill your life with value? Minimum/maximum)	Mental
Performance Indicators: (How will you bring this value into your life?) If I had a life filled with _____ I would...	
<ul style="list-style-type: none"> • <read> • <take a class> 	
Action Steps (What can you do right now?) I will...by doing...by when	
Join toastmasters?	
Check with ESU about online classes	

<creativity> (What will fill your life with value? Minimum/maximum)	Career
Performance Indicators: (How will you bring this value into your life?) If I had a life filled with _____ I would...	
<ul style="list-style-type: none"> • <combine ideas> • <package information> 	
Action Steps (What can you do right now?) I will...by doing...by when	
Choose an art to try	
Look into careers that utilize skills	
Resubmit book proposal	
Attend art events	

<nature> (What will fill your life with value? Minimum/maximum)	Recreation
Performance Indicators: (How will you bring this value into your life?) If I had a life filled with _____ I would...	
<ul style="list-style-type: none"> • <go on walks> • <kayak/swim> 	
Action Steps (What can you do right now?) I will...by doing...by when	
Save money for kayak by summer	