

Acceptance

Values: What are your values in each of these areas of your life? A value is the experience or feeling you want in these areas, not physical things or events. If you have more than one value in each, write them all down.

Area	Value	Area	Value
Physical Environment		Spirituality	
Business / Career		Personal Growth	
Finances		Health	
Community		Intimate Relationships	
Fun & Recreation		Friends & Family	

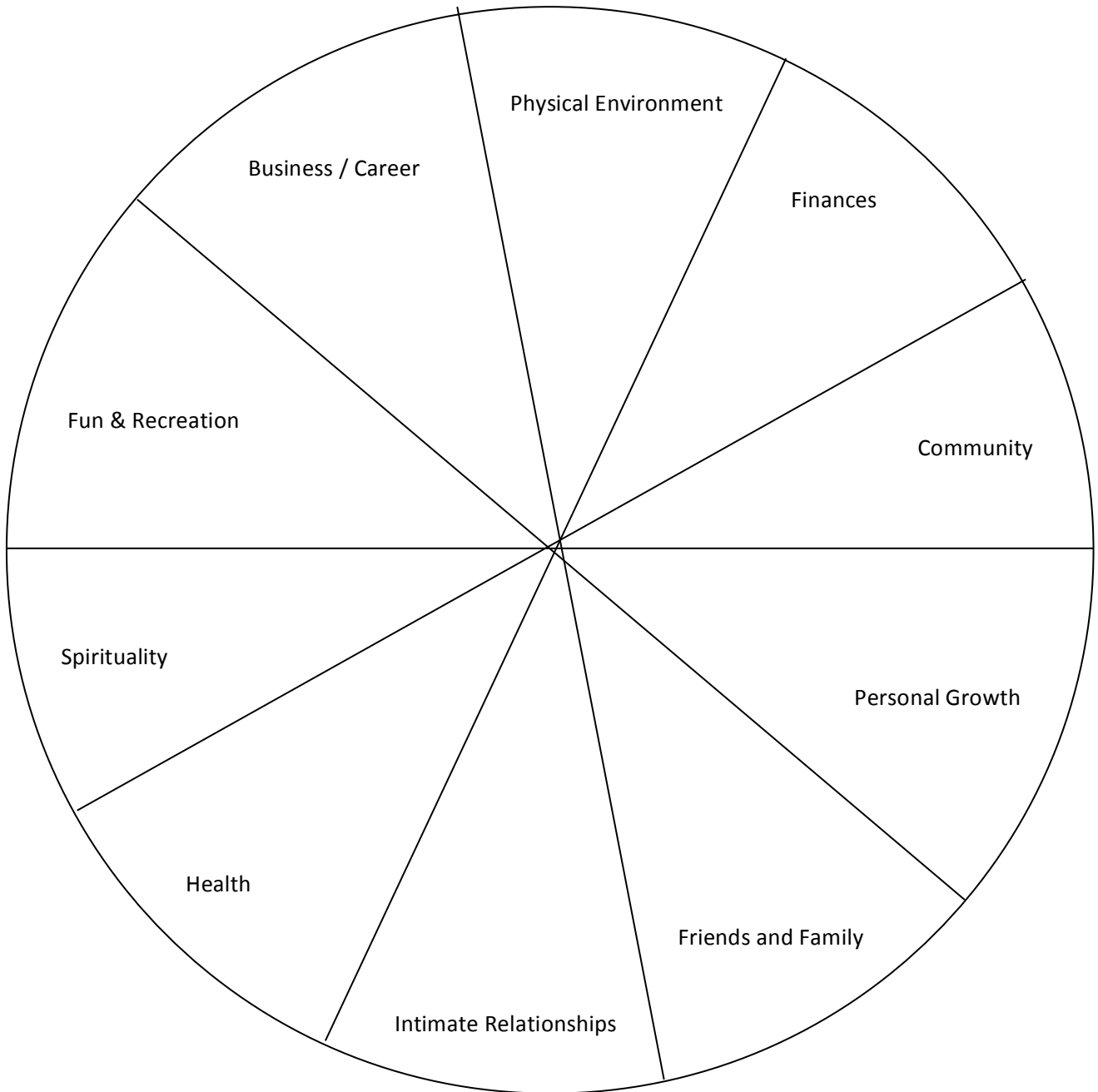
Compare each value two at a time to create a ranking. Compare the value only, not the category it is in. Continue to compare values two at a time until they are all in order of importance.

My Top Five Values are:

- 1.
- 2.
- 3.
- 4.
- 5.

Balance

Wheel of Life: Place a dot in each pie slice to represent how satisfied you are in each area, the further out on the circle, the more satisfied. Connect the dots.



Choice

Bag It, Barter It, or Better It¹: Write down an issue which is causing you stress. Then write down your choice to Bag It, Barter It, or Better It. Note any positive or negative consequences of your choice and the action you can now take.

Issue	Bag, Barter, Better	Consequences	Actions

Notes

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Melissa Heisler, Personal Enrichment Coach and Small Business Survival Guide for It's My Life, Inc., draws from a lifetime of personal coaching, life coach training through Martha Beck, and 15 years in marketing to help individuals identify and achieve their personal definition of success, happiness, and a stress-free life. Melissa is a monthly contributor and member for Women's Ally a subscription based community of support for professional women to manage career and life, an educator for The Global Institute of Enterprise Development, contributing author for the book, Defining Moments: A Gathering of Women's Journeys, and author of the upcoming Unleashing the Power of Acceptance, Balance and Choice: The ABC's of Joyful Living. Melissa@itsmylifeinc.com 224-520-1193

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