

# UZUME

## VALUES CLARIFICATION

### GETTING STARTED

Welcome, let's get started! Find a quiet spot, grab your favorite beverage, and settle in. Before you dive into the questions, give yourself five minutes to start here:

- Look through your calendar for the last year, noticing any events that stood out
- Review your planner for the last year, if you kept one
- Look through your photos from this time also

Now that you've reviewed your year...

### FIRST LET'S FOCUS ON JOY

Thinking back over the last year, what three good memories stand out the most? Don't think too hard about this, just write what comes to mind first. Ignore the category spaces as you answer the questions on this first pass - we will come back to those soon.

1.

CATEGORY:

2.

CATEGORY:

3.

CATEGORY:

What was a high point?

CATEGORY:

When were you happiest?

	CATEGORY:
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When were you most proud?

	CATEGORY:
--	-----------

When were you most at peace?

	CATEGORY:
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### NEXT LET'S THINK ABOUT GROWTH

What was a low point?

	CATEGORY:
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What would you change, if you could?

	CATEGORY:
--	-----------

What do you wish you had done more of?

	CATEGORY:
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### ASSIGN EACH RESPONSE ONE OF THE CATEGORIES BELOW

Look back over your answers and add one of the categories below. If an answer might fit into two places, just choose the one that feels most right.

FAMILY | HEALTH | CAREER | FRIENDS | EXPERIENCES  
LOVE | HOME | SELF-CARE | FINANCES | SPIRITUAL

**ANALYZE YOUR CATEGORIES**

Using the space below, make notes about what you've learned. What categories were spaces for joys? Where do you feel the most need for growth? What else are you craving? What categories are totally missing from any response? Do they need attention?

**JOYS:**

**GROWTH:**

**NEEDS ATTENTION:**

**WHO WILL YOU BE**

What three words best describe who you intend to be this year?

**GOAL SETTING**

Time to set goals! Write your goals for each of the categories on the next pages. Don't censor yourself! This is time for dreaming...

**FAMILY****CAREER****HEALTH****FRIENDS****EXPERIENCES**

LOVE

HOME

FINANCES

SELF-CARE

SPIRITUALITY

Congratulations - you've taken the first steps towards a more intentional and successful year. Hang on to these pages, and when you're ready, we will work through the next steps in turning your dreams into plans at [uzume.co](https://uzume.co)