

1
Values

1

2

3

4

What I Value

2
Beliefs

1

2

3

4

What Do I Believe

3
Habits

1

2

3

4

What Do I Do To Live My Belief & Value?

4
Behaviours

1

2

3

4

How Do I Respond To External Factors?

5
Environment

1

2

3

4

What Does My World Look & Feel Like?