



# Rate Importance of Activities in Relation to Your Core Values



Rate Importance This Activity Had Prior to Fibro	Name of Activity or Hobby	Rate Importance This Activity Has Now	Core Values This Activity Addresses: Pick the Top 2-3	If Activity is Not Something You Can Do Now, Is it a Blocker? Y or N	Are You Replacing or Changing Occurrence of This Activity? Yes, Explain or No
10	Card Making	2	Creativity Relationships Well-Being	N	Once Every 3 Months
10	Cleaning House	2	Contribution Service Achievement	N	Once Every 6-8 Weeks For Deep Clean, Rest 40 min/day

