**Worksheet 15.1** Jordan’s areas of my life that are really important to me

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|  | **List here the five most important things in your life right now:** |
| 1 | Relationship with my partner |
| 2 | Family’s wellbeing |
| 3 | Doing well in work |
| 4 | Relaxing at the weekends and during holidays |
| 5 | Making time for my friends |