

**The personal value and hobby that I'm concentrating on at the moment:**

Orly Katz

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What is the personal value which is most important to you that you have decided to concentrate on at the moment?

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Which of your hobbies is most important to you so that you have decided to concentrate on it at the moment?

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Are they connected to each other?

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Note down five things that you intend to do over the next month in line with your personal value or your hobby:

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_



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Write down the five personal values and things you want or wish for that are most important to you that you simply have to have in your life:

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_