



LIFE VALUES

Rate each value according to how important it is to you.

5 = Essential

4 = Very Important

3 = Somewhat Important

2 = Important Only Occasionally

1 = Not Important to Me

___ Independence

___ Status

___ Challenge

___ Being involved in community

___ Feeling Competent and Capable

___ Simplicity

___ Peace and Tranquility

___ Busy lifestyle

___ Creative Expression

___ Friendships

___ Physical Activity

___ Learning new things

___ Time Freedom

___ Accomplishment – getting a lot done in my life

___ Recognition and Acknowledgement

___ Having a spiritual way of life

___ Adventure

___ Balanced lifestyle

___ Excitement, high degree of stimulation

___ Rest and relaxation

___ Living in accordance with high moral standards

___ Change and variety

___ Intimacy and closeness

___ Social contact

___ Having fun, engaging in leisure activities

___ Contributing to society

___ Stability and security

___ Time with my immediate family

___ Time with my extended family

___ Time alone

___ Pursuit of a hobby

___ Healthy lifestyle

___ Mental stimulation

___ Psychological awareness and growth as a person

___ Financial Freedom and/or abundance

___ Successful management of money

___ Taking on new projects

___ Time in nature



THE MOST IMPORTANT VALUES I WANT TO FOCUS ON RIGHT NOW

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____