

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

- | | |
|---|---|
| <input type="checkbox"/> Independence | <input type="checkbox"/> Status |
| <input type="checkbox"/> Challenge | <input type="checkbox"/> Being involved in community |
| <input type="checkbox"/> Feeling competent and capable | <input type="checkbox"/> Simplicity |
| <input type="checkbox"/> Peace and tranquility | <input type="checkbox"/> Busy lifestyle |
| <input type="checkbox"/> Creative expression | <input type="checkbox"/> Friendships |
| <input type="checkbox"/> Physical activity | <input type="checkbox"/> Learning new things |
| <input type="checkbox"/> Time freedom | <input type="checkbox"/> Accomplishment - getting a lot done in my life |
| <input type="checkbox"/> Recognition and acknowledgement | <input type="checkbox"/> Having a spiritual way of life |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Balanced lifestyle |
| <input type="checkbox"/> Excitement, high degree of stimulation | <input type="checkbox"/> Rest and relaxation |
| <input type="checkbox"/> Living in accordance with high moral standards | <input type="checkbox"/> Change and variety |
| <input type="checkbox"/> Intimacy and closeness | <input type="checkbox"/> Social contact |
| <input type="checkbox"/> Having fun, engaging in leisure activities | <input type="checkbox"/> Contributing to society |
| <input type="checkbox"/> Stability and security | <input type="checkbox"/> Time with my immediate family |
| <input type="checkbox"/> Time with my extended family | <input type="checkbox"/> Time alone |
| <input type="checkbox"/> Pursuit of a hobby | <input type="checkbox"/> Health lifestyle |
| <input type="checkbox"/> Mental stimulation | <input type="checkbox"/> Psychological awareness and growth as a person |
| <input type="checkbox"/> Financial freedom and/or abundance | <input type="checkbox"/> Successful management of money |
| <input type="checkbox"/> Taking on new projects | <input type="checkbox"/> Time in nature |

The Most Important Values I Want to Focus on Right Now

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____
