



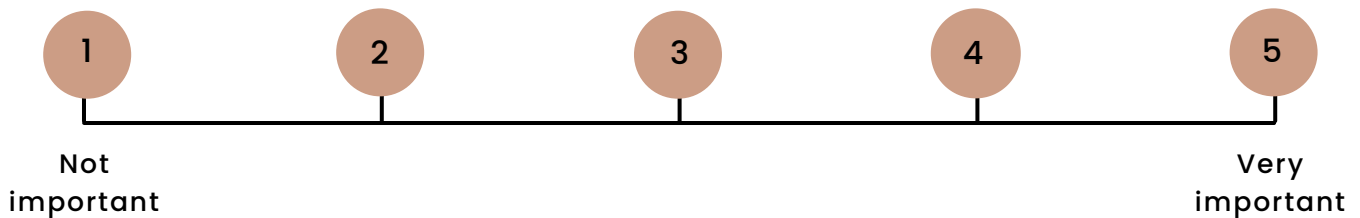
Values Checklist

Here are a few typical values. The purpose of this list is simply to obtain a basic idea of the values that tend to matter to you most. Of course, some values will be more significant in one area of life (e.g. parenting) than in another one (e.g. work). Circle the top 5 values that are important to you.

Acceptance	Creativity	Generosity	Persistence
Adventure	Curiosity	Hard-working	Pleasure
Ambition	Encouragement	Honesty	Power
Assertiveness	Equality	Humor	Protection
Authenticity	Fairness	Independence	Relationships
Caring	Faith	Innovation	Respect
Community	Flexibility	Integrity	Responsibility
Compassion	Freedom	Intimacy	Safety
Connection	Friendliness	Justice	Sexuality
Contribution	Forgiveness	Love	Spontaneaty
Cooperation	Fun	Mindfulness	Success
Courage	Gratitude	Money	Supportive
			Trust
What are your top priorities in life?			
What matters most to you in life?			
Which way do you want your life to develop?			
What current aspect of your life do you not want to lose?			



What valuable things are missing from your life at the moment?	
What value that you are having trouble with has primarily or entirely derived from others?	



Instructions: Knowing your values will enable you to concentrate more clearly on the things that matter to you. Using the scale above, rate each section based on how important they are to you and the person you want to be. You are welcome to skip any portions that do not apply to you.

Family		Friends		Spirituality	
Marriage		Leisure		Community	
Parenting		Work		Health	



Additional questions to consider

Is this decision aligned with my values?

How does my body feel when I think about the decision?

Does this decision get me closer to the person/parent I want to be?

Notes