**Values and Life Goals**

* Becoming a better person
* Education and learning new skills
* Excelling at work, building my career
* Faith, spirituality, or finding meaning
* Family relationships, building a family
* Financial stability or financial independence
* Having fun, relaxing, hobbies
* Having material things, having a rich lifestyle
* Healthy mindset, life balance
* Making a difference in the world around me
* Physical fitness or health
* Spending time with friends
* Supporting family and friends in need
* Traveling and life experiences

Brainstorming about values

Write your answers here. If you want me to read your answers, use “Soumettre le devoir.” If you prefer to keep this private, save it, but don’t click on “Soumettre le devoir.”

1. What are your top three values, in order? You have to choose an order!

2. Compare your most important value to the second most important value. Why are they in this order?

2. Compare your second most important value to the third most important value. Why are they in this order?

4. Name a value that seems to be missing from your life, and it’s not your fault, but it’s your life circumstances. Explain.

5. Name a value that seems to be missing from your life, and it’s because of your choices or life decisions. Explain.

6. Do you feel that your life reflects your top value? Explain.