



**Your Values List**  
*(this should get you started)*

| Check<br>Important Values | Prioritize<br>(1-10) |  |
|---------------------------|----------------------|--|
| _____                     | _____                | Peace of Mind  |
| _____                     | _____                | Security   |
| _____                     | _____                | Wealth   |
| _____                     | _____                | Health   |
| _____                     | _____                | Close relationship with spouse/partner               |
| _____                     | _____                | Meaningful relationship with children                |
| _____                     | _____                | Family (spending time with parents, other relatives) |
| _____                     | _____                | Meeting the 'right' person                           |
| _____                     | _____                | Meaningful job or career                             |
| _____                     | _____                | Fame   |
| _____                     | _____                | Power  |
| _____                     | _____                | Free Time  |
| _____                     | _____                | Happiness  |
| _____                     | _____                | Close relationship with God                          |
| _____                     | _____                | Friendships  |
| _____                     | _____                | Retirement   |
| _____                     | _____                | Contributing time, knowledge or money to others      |
| _____                     | _____                | Knowing important or famous people                   |
| _____                     | _____                | Being in business for yourself                       |
| _____                     | _____                | Having few problems to deal with                     |
| _____                     | _____                | Living to an old age                                 |
| _____                     | _____                | Personal possessions—cars, houses, jewelry, etc.     |
| _____                     | _____                | Travel to exciting places                            |
| _____                     | _____                | Sense of accomplishment                              |
| _____                     | _____                | Respect from others                                  |
| _____                     | _____                | Other _____  |

**Have your spouse or partner fill out a duplicate Value List.**