

Identifying Your Personal Values

Look at the list of values below and put a check by the ones that are most important to you. Add other values that are NOT on the list. Then rank these values in the order of their importance to yourself. 1 being the most important.

Value Check by Your Values	Rating
_____ Achievement	_____
_____ Environmentalism	_____
_____ Good work	_____
_____ Enjoying your free time	_____
_____ Having fun	_____
_____ Having others respect you	_____
_____ Being close to family and friends	_____
_____ Religious/spirituality	_____
_____ Being healthy/fitness	_____
_____ Participating in sports and physical activities	_____
_____ Enjoying hobbies	_____
_____ Learning new things	_____
_____ Continuing to work	_____
_____ Working hard	_____
_____ Enjoying nature and outside activities	_____
_____ Other _____	_____
_____ Other _____	_____
_____ Other _____	_____
_____ Other _____	_____
_____ Other _____	_____
_____ Other _____	_____