



Values Awareness

Recognizing your personal values is an important part of creating a mission statement, vision statement or life plan. When you identify your values, you discover what is truly important to you.

The following is a list of personal values that many people have identified as being important to them. Check (✓) the values that are most important to you.

<input type="checkbox"/> Gaining wealth	<input type="checkbox"/> Having loving relationship
<input type="checkbox"/> Spending time alone	<input type="checkbox"/> Relaxing and free time
<input type="checkbox"/> Having challenges to face	<input type="checkbox"/> Happiness and having fun
<input type="checkbox"/> Being adventurous	<input type="checkbox"/> Spiritual fulfillment
<input type="checkbox"/> Security	<input type="checkbox"/> Recognition or fame
<input type="checkbox"/> Financial security	<input type="checkbox"/> Support of others
<input type="checkbox"/> Respect to others	<input type="checkbox"/> Having responsibility
<input type="checkbox"/> Time	<input type="checkbox"/> Enjoying time with my family
<input type="checkbox"/> Building friendships	<input type="checkbox"/> Helping or serving others
<input type="checkbox"/> Leaving the world a better place	<input type="checkbox"/> Learning and education
<input type="checkbox"/> Personal fitness and good health	<input type="checkbox"/> Being personally accountability
<input type="checkbox"/> Making my own decisions	<input type="checkbox"/> Having a stable life style
<input type="checkbox"/> Creating quality	<input type="checkbox"/> Having discipline and order in life
<input type="checkbox"/> Performing with excellence	<input type="checkbox"/> Sense of personal accomplishment
<input type="checkbox"/> Having integrity	<input type="checkbox"/> Being loyal
<input type="checkbox"/> Being honest	<input type="checkbox"/> Having independence
<input type="checkbox"/> Having someone to rely on	<input type="checkbox"/> Expressing our individuality
<input type="checkbox"/> Being spontaneous	<input type="checkbox"/> Being generous
<input type="checkbox"/> Being optimistic	<input type="checkbox"/> Being flexible

List any other values that are important to you:

List the ten most important values to you:

Who are the people you need to be around whom best match your values and goals in life?
