

### My VALUES

	Not important at all	Not very important	Important	Very important	EXTEMEMLY important
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Exploring new ideas					
Being sober					
Making a contribution					
Having traditions in my life					
Inner peace					
Being part of a community					
Having a strong spiritual life					
Being a member of a family					
Living on the edge					
Having people think well of me					
Allowing others to be themselves					
Accepting things I can't change					
Being a leader					
Taking risks					
Having a place I belong					
Being gentle					
Seeing the funny side of things					
Keeping busy					
Trying new things					
Taking care of myself					
Being organized					
Looking good					
Being a good friend					

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Having interesting things to do					
Not being self critical					
Having a comfortable home					
Helping others					
Learning and Growing					
Being really good at something					
Having a close family					
Being in charge of my life					
Having a heathy marriage or relationship					
Being well liked					
Having beautiful things around me					
Being myself					
Having enough money					
Having physical strength					
Being emotionally strong					
Having things					
Living on my own					
Having Power					
Making people laugh					
Being in touch with nature					

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Getting along with others					
Being successful					
Being the best I can be					
Having fun					
Having lots of money					
Managing money well					
Having a good friend					
Being Competitive					
Having things safe and sure					
Being healthy					
Being wise					
Managing my thoughts and emotions					
Having things predictable					
Honesty					
Being understanding					
Being understood					

Name: \_\_\_\_\_ Date: \_\_\_\_\_

