

Values: Self-Exploration

Values are the things in life that you feel are most important. While one person might value their family relationships above all else, another person might value their career. Everyone's values are different, and there's no "correct" set of values.

Instructions: Understanding your values will help you better focus on what's important to you. This worksheet will help you think, in detail, about what your values might be. If there are any sections that do not apply to you, feel free to skip them.

Family Relationships (other than marriage)

Importance Rating:

1 - not important

2

3

4

5 - very important

Ideally, what would your family relationships be like?

What personal qualities would you like to contribute to your family?

Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve this area?

Marriage/Intimate Relationships

Importance Rating:

1 - not important

2

3

4

5 - very important

How would you describe your ideal marriage or intimate relationship?

In your ideal marriage or intimate relationship, how would you treat your partner?

Do you feel that you are contributing enough time and effort toward your marriage or intimate relationships? If not, how would you like to improve this area?

Parenting

Importance Rating:

1 - not important

2

3

4

5 - very important

Which of your personal qualities can you use within the role of being a parent?

How would you like your son or daughter to describe you, as a parent?

Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?

Friendships/Social Relationships

Importance Rating:

1 - not important

2

3

4

5 - very important

What sort of friendships would you like to have?

How can you contribute to building your ideal friendships?

Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?

Work/Career/Education

Importance Rating:

- 1 - not important
- 2
- 3
- 4
- 5 - very important

What's important to you about your work, career, or education?

How would you like others to view you within your professional roles?

Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?

Recreation/Relaxation

Importance Rating:

- 1 - not important
- 2
- 3
- 4
- 5 - very important

What are your ideal forms of recreation and relaxation?

Why are recreation and relaxation important to you?

Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?

Spirituality

Importance Rating:

1 - not important

2

3

4

5 - very important

What does "spirituality" mean to you?

In what ways is spirituality important to you?

Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?

Community/Citizenship

Importance Rating:

1 - not important

2

3

4

5 - very important

How would you like to contribute to your community, or the world?

What does it mean to you to be a good member of your community, or a good citizen?

Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?

Physical Health/Well-Being

Importance Rating:

1 - not important

2

3

4

5 - very important

Ideally, how would you take care of your physical health and well-being?

Why is physical health important to you?

Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?