

WHAT I REALLY VALUE IN LIFE

	Importance		
	High	Medium	Low
Accomplishment: To achieve; to reach to the top			
Affection: To obtain and share warmth, caring, companionship with family, friends, colleagues			
Affiliation: To be accepted and liked by others			
Autonomy: To direct my priorities and schedules			
Challenge: To have interesting, challenging work			
Competence: To be respected for my ability			
Expertise: To be a respected authority			
Family: To spend time with my family and to have meaningful relationships			
Growth: To maximise my full potential; to be constantly learning, changing and developing			
Health: Physical health, fitness			
Integrity: To have the courage of my convictions; to be honest, to uphold by beliefs			
Leadership: To influence and direct others			
Location: To live where I want to live			
Money: To be financially successful			
Pleasure: To have fun; to enjoy life and work			
Recognition: To have status and the respect of others			
Security: To have a secure financial situation			
Service: To help other people; to contribute to the well being of others; to help improve society			
Spiritual: Inner harmony; to be at peace with myself and by my moral and ethnic beliefs			
Other values:			

At this time in my life, my five most important values are:

- 1.
- 2.
- 3.
- 4.
- 5.

My values that must be satisfied in my working life:

- 1.
- 2.
- 3.
- 4.
- 5.

My values that must be satisfied in my personal life:

- 1.
- 2.
- 3.
- 4.
- 5.

Ways in which I may be able to achieve greater satisfaction of my values in my working life are:

Ways in which I may be able to achieve greater satisfaction of my values in my personal life are: