

Choices and Values: What's Important to Me?

Take a few minutes to think about the meaning of the items listed below. Indicate with a check mark the items that are important to you.

1. ___ A physical appearance to be proud of	22. ___ A secure and positive family life
2. ___ To graduate with honors	23. ___ An enjoyable, leisurely life
3. ___ Being an honest person	24. ___ Unlimited travel, fine foods, entertainment, recreational, and cultural opportunities
4. ___ To have political power	25. ___ Getting things changed for the better
5. ___ Being known as a "real" person	26. ___ A beautiful home in the setting of your choice
6. ___ A meaningful relationship	27. ___ A chance to develop creativity/potential in any area
7. ___ Self-confidence and personal growth	28. ___ Owning a possession of great value
8. ___ Enjoyment of nature and beauty	29. ___ To speak up for my personal beliefs
9. ___ A life with meaning, purpose, fulfillment	30. ___ To have better feelings about myself
10. ___ Continuing to learn and gain knowledge	31. ___ To be needed and to be important to others
11. ___ A chance to help the sick and disadvantaged	32. ___ To become a good parent
12. ___ To be attractive to others	33. ___ To have a better relationship with my parents
13. ___ Some honest and close friends	34. ___ To be sexy
14. ___ A long and healthy life	35. ___ To persevere in what I am doing
15. ___ A meaningful relationship with God	36. ___ Time for prayer
16. ___ A good marriage	37. ___ To give of myself freely in helping others
17. ___ Satisfaction/success in the career of your choice	38. ___ A safe and secure environment
18. ___ An equal opportunity for all people	39. ___ To be loved by a special few
19. ___ Freedom to live life as you want	40. ___ To be trusted by others
20. ___ A financially comfortable life	
21. ___ Accomplishment of something worthwhile	

List below the number of the four or five items that are most important to you:

A. _____ B. _____ C. _____ D. _____ E. _____

When you have listed the 4 to 5 items that are most important to you, refer to the "Value Characteristics" sheet and write the appropriate characteristics related to these numbers.

Choices and Values: Value Characteristics

NUMBER	CHARACTERISTIC
5	Sincerity
3, 40	Honesty, Integrity
7, 30	Emotional well-being, Stability
8	Artistic appreciation
2, 10	Education, Intelligence, Wisdom
11, 37, 18	(Altruism) Compassion, Fairness, Justice
1, 12, 34	Appearance, Beauty, Approval
6, 13, 31, 39	Love, Friendship, Personal closeness
14, 38	Health, Personal safety, Security
15, 36	Religion, Spirituality
16, 22, 32, 33	Family, Love, Emotional security
9, 17, 21, 27	Fulfillment, Intellectual and Vocational achievement
19	Personal freedom, Independence
20, 26, 28	Financial security, Money, Status
23, 24	Pleasure, Travel, Material satisfaction
4, 25	Power, Achievement
29	Courage
35	Perseverance

Write the characteristic that corresponds to the numbers you selected on the checklist.

1. _____
2. _____
3. _____
4. _____
5. _____