

## What Do I Value Most?

Rate each value from one (1) to five (5) in terms of how much time, money and thought you give to it. Five (5) represents the highest. Add the totals in each row. Examine what things you value most.

VALUES:	TIME	MONEY	THOUGHT	Total
Acceptance / Assimilation				
Ambition / Advancement				
Appearance				
Beauty / Art				
Competence				
Consistency				
Creativity				
Education				
Fairness				
Faith / Religion				
Family/ Children				
Food / Drink				
Freedom / Independence				
Friends				
Health				
Hobbies / Free time				
Home				
Honesty				
Humor				
Intelligence				
Job / Work				
Knowledge / Wisdom				
Love				
Money / Possessions				
New experiences / Adventure				
Personal Safety / Peace				
Pleasure / Comfort				
Power / Influence				
Prestige / Fame				
Promptness				
Recognition				
Rest / Relaxation				
Sexuality				
Social Gatherings				
Sporting Activities / Fitness				
Thrift / Saving				
Trust				
Vengeance/ Punishment				

**SCORES: 1 - 3 Low, 4 - 6 Somewhat, 7 - 9 Moderate, 10 – 12 Above Average, 13 - 15 High**