



Name:			

Personal Values

Read the list of values below, and circle/check ten that are most important to you. If there are other values that you do not see listed, write them in the spaces provided. From those you selected, underline or consider the five that have the most meaning to you.

Achievement	Cooperation	Generosity	Physical health	Serenity
Adventure	Creativity	Honesty	Pleasure	Social justice
Affection	Democracy	Independence	Power	Status
Beauty	Effectiveness	Integrity	Privacy	Time
Change/variety	Efficiency	Kindness	Public service	Truth
Challenge	Excellence	Money	Recognition	Wisdom
Community	Fame	Nature	Religion	Other:
Competence	Family	Novelty	Responsibility	Other:
Competition	Fitness	Physical appearance	Self-respect	Other:

Reputation	Goals/Outcomes	How Your Best Self Looks and Acts	
List 3 to 6 adjectives or characteristics that describe how you want people around you to see you, think of you or describe you.	What do you want out of the interactions, relationships, and roles in your life? What are your goals for your life now? List at least 3.	What does your best self look like? Write at least 3 descriptions of your best self's appearance (facial expressions, body language) or actions (how your best self interacts with people/handles situations).	