

VALUES & PRIORITIES LISTS

Order in level of importance for you:

TERMINAL VALUES (1-18)

Where you want to go

A Comfortable Life _____ a prosperous life

Equality _____ brotherhood and equal
opportunity for all

An Exciting Life _____ a stimulating, active life

Family Security _____ taking care of loved ones

Freedom _____ independence and free choice

Health _____ physical and mental well-being Inner

Harmony _____ freedom from inner conflict

Mature Love _____ sexual and spiritual intimacy

National Security _____ protection from attack

Pleasure _____ an enjoyable, leisurely life

Salvation _____ saved; eternal life

Self-Respect _____ self-esteem

A Sense of Accomplishment _____ a lasting
contribution

Social Recognition _____ respect and
admiration

True Friendship _____ close companionship

Wisdom _____ a mature understanding of life

A World at Peace _____ a world free of war
and conflict

A World of Beauty _____ beauty of nature and
the arts

INSTRUMENTAL VALUES (1-18)

How you want to get there

Ambitious _____ hardworking and aspiring

Broad-minded _____ open-minded

Capable _____ competent; effective

Clean _____ neat and tidy

Courageous _____ standing up for your beliefs

Forgiving _____ willing to pardon others

Helpful _____ working for the welfare of others

Honest _____ sincere and truthful

Imaginative _____ daring and creative

Independent _____ self-reliant; self-sufficient

Intellectual _____ intelligent and reflective

Logical _____ consistent; rational

Loving _____ affectionate and tender

Loyal _____ faithful to friends or the group

Obedient _____ dutiful; respectful

Polite _____ courteous and well-mannered

Responsible _____ dependable and reliable

Self-controlled _____ restrained; self-discipline

VALUES & PRIORITIES LISTS

1. Attend to relationships.

- ☐ Repair old relationships.
- ☐ Reach out for new relationships.
- ☐ Work on current relationships.
- ☐ End destructive relationships.

2. Be part of a group.

- ☐ Have close relationships with others.
- ☐ Feel a sense of belonging.
- ☐ Receive affection and love.
- ☐ Be involved and connected w/others have and keep close friends.
- ☐ Have a family; stay close to and spend time with family members.
- ☐ Have people to do things with.

3. Be powerful and influence others.

- ☐ Have the authority to approve or disapprove of what people do, or to control how resources are used.
- ☐ Be a leader. Make a great deal of money.
- ☐ Be respected by others.
- ☐ Be seen by others as successful; become well known; obtain recognition and status.
- ☐ Compete successfully with others.
- ☐ Be popular and accepted.

4. Achieve things in life.

- ☐ Achieve significant goals; be involved in undertakings I believe are significant.
- ☐ Be productive.
- ☐ Work toward goals; work hard.
- ☐ Be ambitious.

5. Live a life of pleasure

- ☐ Have a good time.
- ☐ Seek fun and pleasurable events
- ☐ Have free time.
- ☐ Enjoy the work I do.

6. Keep life full of exciting events, relationships, things.

- ☐ Try new and different things in life.
- ☐ Be daring and seek adventures.
- ☐ Have an exciting life.

7. Behave respectfully.

- ☐ Be humble & modest; do not draw attention to self.
- ☐ Follow traditions and customs; behave properly.
- ☐ Do what I am told and follow rules.
- ☐ Treat others well.

8. Be self-directed.

- ☐ Follow my own path in life.
- ☐ Be innovative, creative, think of new ideas
- ☐ Make my own decisions and be free.
- ☐ Be independent; take care of self and who I am responsible for.
- ☐ Have freedom of thought and action; on my priorities.

9. Be a spiritual person.

- ☐ Live life according to spiritual principles.
- ☐ Practice a religion or faith.
- ☐ Grow in understanding of self, my personal purpose.
- ☐ Discern/Do the will of a higher power
- ☐ Find lasting meaning in life.

10. Be secure.

- ☐ Live in a secure/safe surroundings.
- ☐ Be physically healthy and fit.
- ☐ Have a steady income that meets my needs.

11. Recognize the universal good of all.

- ☐ Be fair, treat people equally; equal opportunities.
- ☐ Understand different people; be open-minded.
- ☐ Care for nature and the environment.

12. Contribute to the larger community.

- ☐ Help people and those in need; care for others' well-being; improve society.
- ☐ Be loyal to friends and close people; committed to a group that shares my beliefs, values, and ethical principles.
- ☐ Be committed to a cause/group that has a larger purpose beyond my own.
- ☐ Make sacrifices for others.

13. Work at self-development.

- ☐ Develop a personal philosophy of life.
- ☐ Learn and do challenging things that help me grow and mature as a human being.

14. Have integrity.

- ☐ Be honest, and acknowledge and stand up for my personal beliefs.
- ☐ Be a responsible person; keep my word to others.
- ☐ Be courageous in facing and living life.
- ☐ Be a person who pays debts to others and repairs damage I have caused.
- ☐ Be accepting of myself, others, and life as it is; live without resentment.