

# Values

## Self-Exploration

Values are the things in life that you feel are most important. While one person might value their family relationships above all else, another person might value their career. Everyone's values are different, and there's no "correct" set of values.

**Instructions:** Understanding your values will help you better focus on what's important to *you*. This worksheet will help you think, in detail, about what your values might be. If there are any sections that do not apply to you, feel free to skip them.



Family



Marriage



Parenting



Friends



Leisure



Work



Spirituality



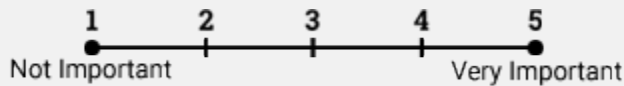
Community



Health



### Family Relationships (other than marriage)



Ideally, what would your family relationships be like?

What personal qualities would you like to contribute to your family?

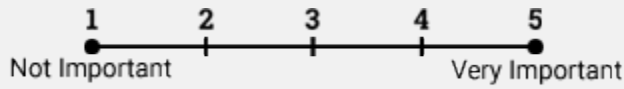
Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve this area?

# Values

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### Marriage / Intimate Relationships



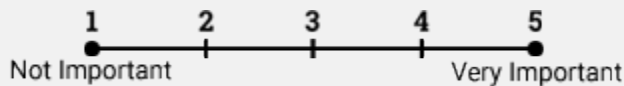
How would you describe your ideal marriage or intimate relationship?

In your ideal marriage or intimate relationship, how would you treat your partner?

Do you feel that you are contributing enough time and effort toward your marriage or intimate relationships? If not, how would you like to improve this area?



### Parenting



Which of your personal qualities can you use within the role of being a parent?

How would you like your son or daughter to describe you, as a parent?

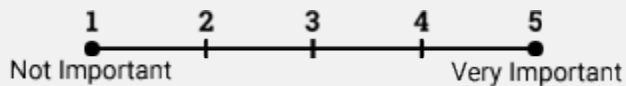
Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?

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### Friendships / Social Relationships



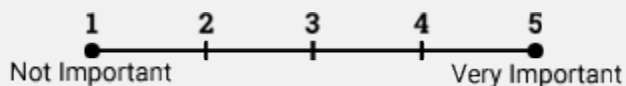
What sort of friendships would you like to have?

How can you contribute to building your ideal friendships?

Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?



### Work / Career / Education



What's important to you about your work, career, or education?

How would you like others to view you within your professional roles?

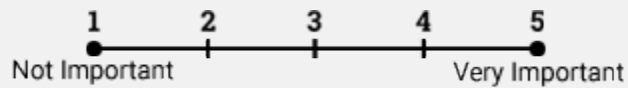
Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?

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### Recreation / Relaxation



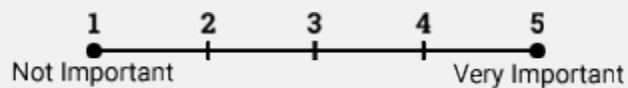
What are your ideal forms of recreation and relaxation?

Why are recreation and relaxation important to you?

Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?



### Spirituality



What does "spirituality" mean to you?

In what ways is spirituality important to you?

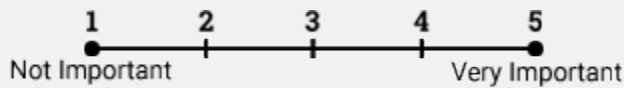
Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?

# Values

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### Community / Citizenship



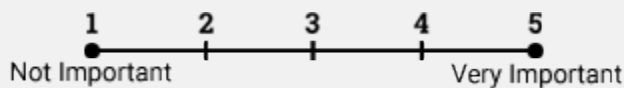
How would you like to contribute to your community, or the world?

What does it mean to you to be a good member of your community, or a good citizen?

Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?



### Physical Health / Well-Being



Ideally, how would you take care of your physical health and well-being?

Why is physical health important to you?

Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?