



Rate each value according to how important it is to you.

5 = Essential

4 = Very Important

3 = Somewhat Important

2 = Important Only Occasionally

1 = Not Important to Me

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- | | |
|---|---|
| <input type="checkbox"/> Taking on new projects | <input type="checkbox"/> Status |
| <input type="checkbox"/> Challenge | <input type="checkbox"/> Being Involved in Community |
| <input type="checkbox"/> Feeling Competent and Capable | <input type="checkbox"/> Simplicity |
| <input type="checkbox"/> Peace and Tranquillity | <input type="checkbox"/> Busy Lifestyle |
| <input type="checkbox"/> Creative Expression | <input type="checkbox"/> Friendships |
| <input type="checkbox"/> Physical Activity | <input type="checkbox"/> Learning new things |
| <input type="checkbox"/> Time Freedom | <input type="checkbox"/> Accomplishment - Getting a lot done in my life |
| <input type="checkbox"/> Recognition and Acknowledgement | <input type="checkbox"/> Having a spiritual way of life |
| <input type="checkbox"/> Financial Freedom / Abundance | <input type="checkbox"/> Balanced Lifestyle |
| <input type="checkbox"/> Excitement, high degree of stimulation | <input type="checkbox"/> Rest and Relaxation |
| <input type="checkbox"/> Living in accordance with high moral standards | <input type="checkbox"/> Change and Variety |
| <input type="checkbox"/> Intimacy and Closeness | <input type="checkbox"/> Social Contact |
| <input type="checkbox"/> Having fun, engaging in leisure activities | <input type="checkbox"/> Contributing to Society |
| <input type="checkbox"/> Stability and Security | <input type="checkbox"/> Time with my Immediate Family |
| <input type="checkbox"/> Time in Nature | <input type="checkbox"/> Time Alone |
| <input type="checkbox"/> Pursuit of a Hobby | <input type="checkbox"/> Healthy Lifestyle |
| <input type="checkbox"/> Mental Stimulation | <input type="checkbox"/> Psychological Awareness and Growth as a Person |



WISDOM

Life and Business Coaching

Values

1.

2.

3.

4.

5.

6.

7.

Present

Future
