

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

1 - Not Important to Me    2 - Important Occasionally    3 - Somewhat Important  
4 - Very Important    5 - Essential

On average, you should have about 5-7 essential values. The values you select may not indicate what you're currently getting in your life but should be representative of what is most important for you.

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|---|---|
| <input type="checkbox"/> Taking on new projects                         | <input type="checkbox"/> Status   |
| <input type="checkbox"/> Challenge                                      | <input type="checkbox"/> Community Involvement                          |
| <input type="checkbox"/> Feeling Competent/Capable                      | <input type="checkbox"/> Simplicity                                     |
| <input type="checkbox"/> Peace and Tranquility                          | <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            |
| <input type="checkbox"/> Recognition and Acknowledgment                 | <input type="checkbox"/> 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 |