

Your Values Worksheet

This technique will provide you with an opportunity to know more about your values, dilemmas, and set of beliefs about your family, career, and spirituality. Each question is designed to get clients thinking about what matters the most to them.

What matters to you the most out of these values, rate them out of 10, in order of priority.		
Family	Friends	Morality
Marriage	Money	Respect
Religion	Community	Parenting
Health	Achievements	Other

Choose the quality that is most important for you, then rate them out of 10 (10 being the highest value)

1. _____

2. _____

3. _____

4. _____

5. _____

Family

1. What kind of relationship would you like to have with your family?

I want my family relationships to be extremely loving and attached.

2. What kind of values would you like your family to have?

I would like to give them more time and teach my kids the difference between right and wrong.

3. How would you like to improve your family relationships?

I am unable to give time to my family at the moment, but with time I would like to provide them with

By asking similar questions regarding anything that you value in your life, you would explore your values or things that you cherish.

Friends

- 1. What kind of relationship would you like to have with your Friends?**
- 2. What kind of values would you like your friends to have?**
- 3. How would you like to improve your friends' relationships?**