

What I value in life	Importance		
	High	Medium	Low
Accomplishment: To achieve; reach to the top			
Affection: caring, companionship with family, friends, colleagues			
Affiliation: to be accepted and liked by others			
Autonomy: To direct my priorities and schedules			
Challenge: To have interesting, challenging work			
Competence: to be respected for my abilities			
Expertise: to be a respected authority			
Family: to spend time with my family and to have meaningful relationships			
Growth: To maximise my full potential; to be constantly learning, changing and developing			
Health: Physical health, fitness, feeling energised.			
Integrity: to have the courage of my convictions; to be honest; to uphold by beliefs			
Leadership: To influence and direct others			
Location: to live where I want to live			
Money: to be financially successful			
Pleasure: To have fun, to enjoy life and work			
Recognition: to have status and the respect of others			
Security: to have a secure financial situation			
Service: to help others; to contribute to the wellbeing of others; to help improve society			
Spiritual: Inner harmony; to be at peace with myself and my moral and ethical beliefs			
Other values:			

At this time in my life, my five most important values are:

My values that must be satisfied in my personal life:

- 1.
- 2.
- 3.
- 4.
- 5.

Ways in which I may be able to achieve greater satisfaction of my values in my personal life are:

My values that must be satisfied in my working life:

- 1.
- 2.
- 3.
- 4.
- 5.

Ways in which I may be able to achieve greater satisfaction of my values in my working life are: