

## Form 1.1 Values Identification Worksheet

### **Family Relationships** (other than intimate partner and parenting relationships)

Think about what it means to be an (adult) child, sibling, cousin, aunt, uncle, grandparent, or in-law.  
What kind of person would you like to be in the context of these relationships?

Notes:

Importance (0-10)

Core Values:

Concrete Actions:

### **Intimate Relationship(s)** (marriage, couple, partner)

What does it mean to be a romantic partner? What kind of person would you like to be in the context of such a relationship?  
If you are not in this type of relationship currently, you can write about who you *aim* to be in an intimate relationship.

Notes:

Importance (0-10)

Core Values:

Concrete Actions:

## Parenting

Think about what it means to be a parent. What type of person do you want to be in this role?

If you don't have children, you can answer these questions by thinking about how you *want* to be when you are in this role.

Notes:

Importance (0-10)

Core Values:

Concrete Actions:

## Friendships/Social Relationships

Think about what kind of friend you would like to be.

What qualities are important to you when you think about your role as a friend?

Notes:

Importance (0-10)

Core Values:

Concrete Actions:

## Career/Meaningful Work

Work is important for many people because we spend a great deal of time there.

What kind of qualities do you want to embody as a worker? What do you want your work to stand for?

Notes:

Importance (0-10)

Core Values:

Concrete Actions:

## Personal Growth (education, training)

This area refers to any kind of learning or development. When you think about how you approach the world as a “learner,” what qualities are important to you? What do you want your life to be about in terms of personal development?

Notes:

Importance (0-10)

Core Values:

Concrete Actions:

## Leisure (recreation, hobbies, creative/artistic pursuits)

Think about what is meaningful to you when you engage in relaxation, hobbies, play, and creative expression.  
What qualities would you like to bring to this area of your life?

Notes:

Importance (0-10)

Core Values:

Concrete Actions:

## Spirituality

Spirituality is anything that helps you feel connected to something larger than yourself. It could be organized religion or other types of faith/connection. What qualities are important to you in this area?

Notes:

Importance (0-10)

Core Values:

Concrete Actions:

## Citizenship

Think about what it means to contribute to society or be a member of a community.  
What qualities would you like to embody in this area?

Notes:

Importance (0-10)

Core Values:

Concrete Actions:

## Cultural Traditions

Think about what it means to be a member of your culture. This could be your racial identity, your ethnic heritage, and/or your membership in a particular group. What do you want your life to be about in this area?

Notes:

Importance (0-10)

Core Values:

Concrete Actions:

## Health + Well-Being

Think about what it means to take care of your physical and mental health.  
Who do you want to be in this area? What do you want your life to be about?

Notes:

Core Values:

Concrete Actions:

Importance (0-10)