

Identifying Your Values, Behaviors and Goals

	VALUES	BEHAVIORS	GOALS
	Please choose three values that are most important to you in your life (one for each box below).	These are behaviors (thoughts, emotions, actions) for each value to move you towards your goal.	Please choose goals that are in alignment with your chosen value.
1			
2			
3			

Possible values

(feel free to choose values not on this list):

- Achievement
- Adventure
- Autonomy
- Community
- Competence
- Competition
- Cooperation
- Creativity
- Diversity
- Decisiveness
- Ecology/Environment
- Education
- Ethics
- Excitement
- Excellence
- Fairness
- Family
- Freedom
- Friendships
- Happiness
- Health
- Helping others
- Honesty
- Independence
- Integrity
- Loyalty
- Making a difference
- Money
- Openness
- Order
- Personal growth
- Philanthropy
- Playfulness
- Pleasure
- Power
- Privacy
- Religion
- Responsibility
- Safety
- Security
- Service
- Spirituality
- Stability
- Status
- Wealth
- Work