



Menu of Values

Highlight, circle, check, or underline items below that are important to you, then order them by priority from most to least important to you.

My friends

My family

My grades

My work

My income

Keeping my space clean, organized

Making my space beautiful

Love

Friendship

Connection

Video games

My state of mind

Heathy body

Healthy food

Exercise

My appearance

My weight

How others think about me

Learning to feel good enough just as I am right now, even with whatever situations or difficulties I have, I can love and accept myself just as I am.

Being open to change

Being open to new

Being open to receiving... love, gifts, compliments

Food

Clothing

Shelter

Water

Air

My anger

My fears

Revenge

Feeling safe

Forgiveness

Sense of Belonging

Feeling a sense of purpose

Freedom from fear and anxiety

What else?