

Scan the items in the two-column lists below, and consider what is currently most important in your life. Circle your TOP TEN VALUES, and then RANK 1-10 according to what you MOST VALUE NOW:

- |                             |                                      |
|-----------------------------|--------------------------------------|
| Adventure                   | Marriage/Partnership                 |
| Animals/Pets                | Material Possessions                 |
| Art/Creative Expression     | Music - Playing or Listening         |
| Autonomy/Independence       | Nature/Preservation                  |
| Beauty/Fashion/Image        | Nutrition/Cooking                    |
| Career/Vocation             | Organization/Structure               |
| Children                    | Personal Growth/Self-Actualization   |
| Eating Disorder Recovery    | Philanthropy                         |
| Education/Credentials       | Recreation/Play                      |
| Entertainment/Parties       | Relaxation/Rest                      |
| Ethnicity/Cultural Heritage | Responsibilities/Getting Things Done |
| Etiquette/Respect           | Safety/Protection                    |
| Exercise/Fitness            | Social Status/Recognition            |
| Family                      | Spirituality/Religion                |
| Friendships                 | Technology/Conveniences              |
| Health - Mental/Emotional   | Travel                               |
| Health - Physical           | Volunteering/Being of Service        |
| Hobbies                     | Wealth/Financial Security            |
| Ideal Weight/Size           | Well-Being/Self-Care                 |
| Intimacy                    | Other:                               |