


11/9/11

Name \_\_\_\_\_

Date \_\_\_\_\_

# Values That Are Important to Me

 Show how important each value is to you by putting check marks before the value.

\_\_\_\_\_ = Not important        ✓   = Somewhat important        ✓✓   = Extremely important

- |       |  |       |  |
|-------|--|-------|--|
| _____ | 1. Having a lot of money                   | _____ | 18. Having a good education              |
| _____ | 2. Doing well in school                    | _____ | 19. Being in good health                 |
| _____ | 3. Having a lot of friends                 | _____ | 20. Being handsome/pretty                |
| _____ | 4. Having one close friend                 | _____ | 21. Knowing that someone loves me        |
| _____ | 5. Getting along with my parents           | _____ | 22. Being in love                        |
| _____ | 6. Getting along with my family            | _____ | 23. Having nice clothes                  |
| _____ | 7. Having time to myself                   | _____ | 24. Having a lot of possessions          |
| _____ | 8. Not worrying about having enough to eat | _____ | 25. Being in good physical shape         |
| _____ | 9. Getting/having a good job               | _____ | 26. Having a boyfriend/girlfriend        |
| _____ | 10. Liking my job                          | _____ | 27. Being good at sports                 |
| _____ | 11. Respecting myself                      | _____ | 28. Helping others                       |
| _____ | 12. Being respected by others              | _____ | 29. Being recognized for helping others  |
| _____ | 13. Having my own space/room               | _____ | 30. Believing in God                     |
| _____ | 14. Being good at something                | _____ | 31. Being happy                          |
| _____ | 15. Having a clean room                    | _____ | 32. Being able to handle responsibility  |
| _____ | 16. Breathing clean air                    | _____ | 33. Setting goals for myself             |
| _____ | 17. Recycling                              | _____ | 34. Having control of what happens to me |

Source: *Life Skills Activities for Secondary Students with Special Needs* (p. 373), by D. Mannix, 1995, West Nyack, NY: The Center for Applied Research in Education. Copyright 1995 by The Center for Applied Research in Education. Adapted with permission.