

## Goal and Values Worksheet

	Not Important at all									Extremely Important
Family life	1	2	3	4	5	6	7	8	9	10
Health and Fitness	1	2	3	4	5	6	7	8	9	10
Intimate relationships	1	2	3	4	5	6	7	8	9	10
Friends	1	2	3	4	5	6	7	8	9	10
Career/work	1	2	3	4	5	6	7	8	9	10
Education/training	1	2	3	4	5	6	7	8	9	10
Recreation and fun	1	2	3	4	5	6	7	8	9	10
Finance/money	1	2	3	4	5	6	7	8	9	10
Spiritual	1	2	3	4	5	6	7	8	9	10

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Adapted from Wilson's Valued Living Questionnaire