**Assessing Values and Needs in the Major Areas of Life**

**Instructions:** Values are our heart’s deepest desires for the way we want to interact with the world, other people and ourselves. They are what we want to stand for in life, how we want to behave, what sort of person we want to be, what sort of strengths and qualities we want to develop. Think of when you feel the most enlivened, vital, engaged, and passionate in life. When you are intrinsically interested, curious, performing in ways that feeling meaningful to you, and when you feel satisfied. Values are statements about what we want to be doing with our life: about what we want to stand for, and how we want to behave on an ongoing basis. They are leading principles that can guide us and motivate us as we move through life.

***First:*** In the space to the left of each line-item, rate from 1-10 how important this area of life is to you. Next, in the 2nd space, rate from 1-10 of much you think you are living this area today.

***Second:*** Next, for the areas of life listed below that are of high importance to you, what are specific action steps you could do to live this area more? Focus on ongoing behaviors that you can do or say. Small steps and big steps.

**Major Areas of Life: Values and Needs**

**Within oneself**

*\_\_ \_\_Self-expression:* creativity, play, clothes, looks, growth, authenticity, humor

*\_\_ \_\_Physical:* exercise, sleep, nutrition, touch, strength, appearance

*\_\_ \_\_Down-time:* sensory unplug, alone, pacing self, digital detox

*\_\_ \_\_Cognitive:* mental clarity, focus, intellectual stimulation

*\_\_ \_\_Emotional:* emotion balance, engagement, recover from triggers, inspiration, joy, lightness, peace, vitality

*\_\_ \_\_Spirituality:* connection to something beyond yourself, nature

*\_\_ \_\_Tradition:* adhering to systems, traditions or groups

*\_\_ \_\_Integrity:* integrated and whole, living one’s morals

*\_\_ \_\_To be seen:* to be known, empathized with, nurtured, valued, appreciated

**Your environments**

*\_\_ \_\_Physical safety:* home, work, and outdoors

*\_\_ \_\_Physical space:* aesthetics at home and work, beauty, elegance, noise levels, orderliness

*\_\_ \_\_Autonomy:* choice, freedom, independence, space, free spirit

*\_\_ \_\_Adventure*: feel a zest for life, risk taking, seeing new places, spontaneity

**Work and purpose**

*\_\_ \_\_Sense of purpose:* meaning, to matter, contribution, productivity

*\_\_ \_\_Self-efficacy:* competence, empowerment, growth, excellence, personal power

*\_\_ \_\_Professional skills:* skills, talents, engage to a level of flow, living to your potential

*\_\_ \_\_Achievement:* accomplishment, success, reaching goals

*\_\_ \_\_Recognition:* acknowledgement from others for performance and accomplishments

*\_\_ \_\_Community Service:* helping a cause, serving a person, group or agency

*\_\_ \_\_Citizenship:* engaging in the social and political community

*\_\_ \_\_Financial:* meeting you and your family’s needs, financial goals

**Relationships:**

*\_\_ \_\_Belonging:* inclusion, community, companionship, connection

*\_\_ \_\_Communication:* able to set boundaries, expressing love, state needs without blame, directness, honesty

*\_\_ \_\_Friendship:* humor, comradeship, trust, enjoying time with, supporting

*\_\_ \_\_Parenting:* nurturing, developing, providing for, caring for, mentoring

*\_\_ \_\_Romantic partner:* romance, intimacy, eroticism, partnership, companionship, connection, trust

*\_\_ \_\_Family/relatives:* connectedness, fulfilling roles, harmony, participating

*\_\_ \_\_Community:* participation, comradeship, serving, connection