

BELIEFS AND VALUES EVALUATION

Score each of the following based on the importance to you out of 10:

	SCORE		SCORE
Parent(s)		Accept people's differences	
Sibling		Protect the environment	
Friendship		Cooperate with others	
Girl / Boyfriend		Wisdom / Learning	
Marriage		Justice / Fairness	
Grandparent(s)		Positive attitude / Optimism	
Extended family		Self-esteem / Self-love	
God		Personal Peace / Contentment	
Religion		Confidence / Courage	
Spirituality		Knowledge / Education	
Good citizenship		Determination / Desire	
Kindness / Caring		Fortitude / Overcome obstacles	
Love for all		Job / Career	
Romantic love		Beautiful / Expensive things	
Honesty		A home	
Respect for others		A car	
Self-respect		Wealth / Money	
Help others in need		World peace	
Good times / Parties		Organized	
Work		Support network	
Play / Fun		Sacrifice	
Vacations		Empathy	
Lead others		Music	
Compromise		Art	
Independence		Fitness	
Humility		Health	
Self-control		Technology	
Forgiveness		Animals / Pets	
Sacrifice		Trustworthy	
Gratitude		Responsible	
Integrity		Freedom	
Consistency		Faith	
Other		Physical needs (food, clothes, etc.)	
Other		Treat others as you want to be treated	