



Values are what give your life direction. They can be both conscious and unconscious. Sometimes you can state them in words, but many times they guide your behavior without your awareness.

Examine the list of values below. Rank each value in order of importance to you. **Number 1** should represent your **most important** value. Do not use the same number twice and be sure to **rank all the values** listed.

- driving a nice car
- enjoying my work
- being popular
- making a lot of money
- maintaining close family relationships
- having children
- having a pet
- being an outstanding athlete
- having a strong faith
- being intelligent
- helping others
- being a good friend

- being beautiful
- having the willpower to do what is right
- being in a committed relationship
- being in good shape
- having nice clothes
- always stating what I believe
- defending my country
- owning a beautiful home
- being healthy
- being famous
- always being truthful
- having time for fun

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