



Dr. Janice Gilbert

LIFE VALUES

Rate each value according to how important it is to you.

5 = Essential

4 = Very Important

3 = Somewhat Important

2 = Important Only Occasionally

1 = Not Important to Me

_____ Independence

_____ Status

_____ Challenge

_____ Being involved in community

_____ Feeling Competent and Capable

_____ Simplicity

_____ Peace and Tranquility

_____ Busy lifestyle

_____ Creative Expression

_____ Friendships

_____ Physical Activity

_____ Learning new things

_____ Time Freedom

_____ Accomplishment, getting a lot done
in my life

_____ Recognition and Acknowledgement

_____ Having a spiritual way of life

_____ Adventure

_____ Balanced lifestyle

_____ Excitement, high degree of
stimulation

_____ Rest and relaxation

_____ Living in Accordance with high
moral standards

_____ Change and variety

_____ Intimacy and Closeness

_____ Social contact

_____ Having fun, engaging in leisure
activities

_____ Contributing to society

_____ Stability and Security

_____ Time with my immediate family

_____ Time with my extended family

_____ Time alone

_____ Pursuit of a hobby

_____ Healthy lifestyle

_____ Mental Stimulation

_____ Psychological awareness and
growth as a person

_____ Financial Freedom and/or
Abundance

_____ Successful management of money

_____ Taking on new projects

_____ Time in nature



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SPIRITUAL VALUES

Rate each value according to how important it is to you.

5 = Essential 4 = Very Important 3 = Somewhat Important
2 = Important Only Occasionally 1 = Not Important to Me

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|---|------------------------------------|
| _____ Faith | _____ Doing God's will for my life |
| _____ Love | _____ Oneness |
| _____ Inner Peace | _____ Awakening |
| _____ Being of service | _____ Connectedness with life |
| _____ Connection to God | _____ Peace for the world |
| _____ Kindness and compassion toward others | _____ Consciousness |
| _____ Being part of a spiritual community | _____ Connectedness with people |
| _____ Forgiveness | _____ Prayer |
| _____ Freedom | _____ Charity or tithing |
| _____ Intuition or following spiritual guidance | _____ Growing spiritually |
| _____ Self-Love | _____ Contribution to others |
| _____ Harmony | _____ Gratitude |
| _____ Growth | _____ Stillness |
| _____ Strength | _____ Being centered |
| _____ Courage | _____ Contribution to others |
| _____ Unity | _____ Gratitude |
| _____ Being in the likeness of God | _____ Humility |
| _____ Integrity | _____ Mercy |
| _____ Presence | |