

Values Worksheet

1 Consider the list of values below.

2 Check off the ones that mean something to you, adding those missing from the list that are important to you.

3 In the second column, rank the top 5-10 values that speak to your greatest needs/desires **right now**.

4 Use the third column to rank how you think those values might resonate with you in the future, particularly as you face the last days of your life.*

| ✓ | Now | Future | Value |
|---|-----|--------|-------------------|
| | | | ACTIVITY |
| | | | AFFECTION/LOVE |
| | | | ALERTNESS |
| | | | AWARENESS |
| | | | CALM/PEACE |
| | | | CHEERFULNESS |
| | | | COMFORT |
| | | | COMMUNICATION |
| | | | COMPETENCE |
| | | | COMPOSURE |
| | | | CREATIVITY |
| | | | DIGNITY |
| | | | ENDURANCE |
| | | | ENERGY/ENTHUSIASM |
| | | | ENVIRONMENTALISM |
| | | | FAITH |
| | | | FAMILY |

| | | | |
|--|--|--|-----------------|
| | | | FORGIVENESS |
| | | | FRIENDSHIP |
| | | | GENEROSITY |
| | | | GRACE |
| | | | HUMOR |
| | | | HYGIENE |
| | | | INDEPENDENCE |
| | | | JOY |
| | | | MODESTY/PRIVACY |
| | | | NATURE |
| | | | PLAYFULNESS/FUN |
| | | | REFLECTION |
| | | | RELIEF |
| | | | RESILIENCE |
| | | | STRENGTH |
| | | | USEFULNESS |
| | | | |
| | | | |

