

Select 5 to 10 lifestyle values that are essential and write them below:

YOUR PRIORITIZED VALUES

Work Values

Lifestyle Values

1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____
7. _____	7. _____
8. _____	8. _____
9. _____	9. _____
10. _____	10. _____

1. Compare your work and lifestyle values and identify any conflicts within them.

2. Which are the most important values to you?

3. Prioritize the most important values.

4. Are your most important values compatible?

5. Are there any values not listed above that need to be included in your list?

LIFESTYLE VALUES	VERY IMPORTANT	QUITE IMPORTANT	MODERATELY IMPORTANT	SOMEWHAT IMPORTANT	NOT IMPORTANT
Live in a rural setting					
Live close to work					
Be able to walk to work					
Own your own home					
Live in a moderate climate					
Be active in your community					
Live in a suburban setting					
Live in an apartment					
Live close to cultural and entertainment opportunities					
Live in a city					
Travel frequently					
Live in a warm climate					
Live where children can walk to school					
Live where your spouse can have a good job					
Go out to eat often					
Live near relatives					
Live where the weather changes from season to season					
Live in constant climate					
Have time to pursue your interest					
Have friends near by					
Have a garden					
Have a house and yard to work on					
Live near a college					
Have a second home					
Live near the water					
Live close to stores					
Live in a wooded setting					
Be involved with sports of your choice					
Participate in family-orientated activities					
Live where you don't have to spend time with neighbors					
Have time to yourself					
Spend time with your neighbors					
Work on projects around your house					
Do volunteer work					
Be active in church work					
Do things often with friends					
Go to movies, plays, and concerts often					
Do things alone or with your spouse					
Have a big house					
Live in a stable neighborhood					
Spend time with arts & crafts					
Go places on weekends					
Stay at home on weekends					

LIFESTYLE VALUES	VERY IMPORTANT	QUITE IMPORTANT	MODERATELY IMPORTANT	SOMEWHAT IMPORTANT	NOT IMPORTANT
Be very involved in social activities					