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## LIFE VALUES

INSTRUCTIONS: Rate each value according to how important it is to you. Write the ones you rated 5 and 4 in the space provided. Once you have them all written down, take a look at them and identify which ones are non-negotiable for you. Indicate them with some identification (example: highlight them, circle them, or put a star by them)

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
___ Free Time/Play Time	___ Accomplishment – getting a lot

done in my life

\_\_\_ Recognition &  
Acknowledgement

\_\_\_ Having a spiritual way of life

\_\_\_ Adventure

\_\_\_ Balanced lifestyle

\_\_\_ Excitement, high degree of  
Stimulation

\_\_\_ Rest and relaxation

\_\_\_ Time with Friends

\_\_\_ Living in accordance with  
high moral standards

\_\_\_ Change and variety

\_\_\_ Financial Security

\_\_\_ Intimacy and closeness

\_\_\_ Social contact

\_\_\_ Having fun, engaging in leisure  
activities

\_\_\_ Contributing to society

\_\_\_ Connecting to a higher power

\_\_\_ Stability

\_\_\_ 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

\_\_\_ Time with Significant other

\_\_\_ Love

\_\_\_ Financial Freedom and/or abundance

\_\_\_ Successful management of money

\_\_\_ Taking on new projects

\_\_\_ Time in nature

\_\_\_ Physical Health

\_\_\_ Mental Health

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