

### Form 3.1 - Value Identification

<b>Family Relationships</b> (other than intimate partners and parenting)	
Think about what it means to be an (adult) child, sibling, cousin, aunt, uncle, grandparent, or in-law. What kind of person would you like to be in the context of these relationships?	
Notes:  Core Value:  Concrete Actions:	<u>Importance (0-10)</u>
<b>Intimate Relationship(s)</b> (marriage, couple, partner)	
What does it mean to be a romantic partner? What kind of person would you like to be in the context of such a relationship? If you are not in this type of relationship currently, you can write about who you aim to be when you are in an intimate relationship.	
Notes:  Core Value:  Concrete Actions:	<u>Importance (0-10)</u>

**Parenting**

Think about what it means to be parent? What type of person do you want to be in this role? If you don't have children, you can answer these questions by thinking about how you want to be when you are in this role.

Notes:

Core Value:

Concrete Actions:

Importance (0-10)**Friendships/Social Relationships**

Think about what kind of friend you would like to be? What qualities are important to you when you think about your role as a friend?

Notes:

Core Value:

Concrete Actions:

Importance (0-10)

**Career/Meaningful work**

Work is important for many people because we spend a great deal of time there. What kind of qualities do you want to embody as a worker? What do you want your work to stand for?

Notes:

Core Value:

Concrete Actions:

Importance (0-10)

**Personal Growth (Education, Training)**

This area refers to any kind of learning or development. When you think about how you approach the world as a “learner,” what qualities are important to you? What do you want your life to be about in terms of personal development?

Notes:

Core Value:

Concrete Actions:

Importance (0-10)

**Leisure** (recreation, hobbies, creative/artistic pursuits)

Think about what is meaningful to you when you engage in relaxation, hobbies, play, and creative expression. What qualities would you like to bring to this area of your life?

Notes:

Core Value:

Concrete Actions:

Importance (0-10)

**Spirituality**

Spirituality is anything that helps you feel connected to something larger than yourself. It could be organized religion or other types of faith/connection. What qualities are important to you in this area?

Notes:

Core Value:

Concrete Actions:

Importance (0-10)

**Citizenship**

Think about what it means to contribute to society or be a member of a community. What qualities would you like to embody in this area?

Notes:

Core Value:

Concrete Actions:

Importance (0-10)

**Cultural Traditions**

Think about what it means to be a member of your culture? This could be your racial identity, your ethnic heritage, and/or your membership in a particular group. What do you want your life to be about in this area?

Notes:

Core Value:

Concrete Actions:

Importance (0-10)

**Health/Well-being**

Think about what it means to take care of physical and mental health. Who do you want to be in this area? What do you want your life to be about?

Notes:

Core Value:

Concrete Actions:

Importance (0-10)