

The importance of my value areas (worksheet 4)

Work (circle a number on each scale)

0 1 2 3 4 5 6
Unimportant Indifferent Important

0 1 2 3 4 5 6
No needs Limited needs Needs

Relationship (circle a number on each scale)

0 1 2 3 4 5 6
Unimportant Indifferent Important

0 1 2 3 4 5 6
No needs Limited needs Needs

Home (circle a number on each scale)

0 1 2 3 4 5 6
Unimportant Indifferent Important

0 1 2 3 4 5 6
No needs Limited needs Needs

Leisure (circle a number on each scale)

0 1 2 3 4 5 6
Unimportant Indifferent Important

0 1 2 3 4 5 6
No needs Limited needs Needs

Education/training (circle a number on each scale)

0 1 2 3 4 5 6
Unimportant Indifferent Important

0 1 2 3 4 5 6
No needs Limited needs Needs

Mind/spirituality (circle a number on each scale)

0 1 2 3 4 5 6
Unimportant Indifferent Important

0 1 2 3 4 5 6
No needs Limited needs Needs

Body/exercise (circle a number on each scale)

0 1 2 3 4 5 6
Unimportant Indifferent Important

0 1 2 3 4 5 6
No needs Limited needs Needs