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Develop Meaningful Goals & Habits

VALUES CLARITY is essential to living a full, satisfying, and meaningful life. It is the first step to gaining the self-awareness and focus required to make effective choices and take action in support of living your best life and being your best self.

Choose your 10 most important values, and then rank them from most important (1) to least important (10).

- | | | |
|--|--|--|
| <input type="checkbox"/> Family | <input type="checkbox"/> Self-Respect | <input type="checkbox"/> Success |
| <input type="checkbox"/> Companionship | <input type="checkbox"/> Service | <input type="checkbox"/> Variety |
| <input type="checkbox"/> Wealth | <input type="checkbox"/> Love | <input type="checkbox"/> Recognition |
| <input type="checkbox"/> Travel | <input type="checkbox"/> Health | <input type="checkbox"/> Romance |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Hard Work | <input type="checkbox"/> Freedom |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Free Time | <input type="checkbox"/> Knowledge |
| <input type="checkbox"/> Peace/Calm | <input type="checkbox"/> Security | <input type="checkbox"/> Art |
| <input type="checkbox"/> Excitement | <input type="checkbox"/> Risk-Taking | <input type="checkbox"/> Simplicity |
| <input type="checkbox"/> Fun | <input type="checkbox"/> Growth | <input type="checkbox"/> Self-Reliance |
| <input type="checkbox"/> Humor | <input type="checkbox"/> Self-Expression | <input type="checkbox"/> Truth |
| <input type="checkbox"/> Power | <input type="checkbox"/> Equality | <input type="checkbox"/> Individuality |
| <input type="checkbox"/> Control | <input type="checkbox"/> Organization | <input type="checkbox"/> Faith |
| <input type="checkbox"/> Friendship | <input type="checkbox"/> Enjoyment | <input type="checkbox"/> Acceptance |
| <input type="checkbox"/> Popularity | <input type="checkbox"/> Comfort | <input type="checkbox"/> Virtue |
| <input type="checkbox"/> Independence | <input type="checkbox"/> Responsibility | <input type="checkbox"/> _____ |

**These 10 chosen values are your compass, your guide.
They will help you to navigate along your path to a more authentic, meaningful life.
Return to these values when you are making decisions and developing your goals.**