

## Values Assessment Work Sheet

### For you:

Read over the list below. Put a **1** beside the things that are most important to you. Put a **2** by the things you consider somewhat important and a **3** by things that are not important to you. After you have completed the list, ask your spouse/partner (if applicable) to do the same.

- \_\_\_ religion
- \_\_\_ education
- \_\_\_ vacation
- \_\_\_ saving money
- \_\_\_ our own business
- \_\_\_ jewelry
- \_\_\_ family
- \_\_\_ health
- \_\_\_ cultural events
- \_\_\_ sports
- \_\_\_ job success
- \_\_\_ food
- \_\_\_ insurance
- \_\_\_ lots of money
- \_\_\_ friends
- \_\_\_ new car
- \_\_\_ pay off debts
- \_\_\_ your own home
- \_\_\_ clothes
- \_\_\_ entertainment
- \_\_\_ pets
- \_\_\_ other?

## Values Assessment Work Sheet (Cont.)

### For spouse/partner:

Read over the list below. Put a **1** beside the things that are most important to you. Put a **2** by the things you consider somewhat important and a **3** by things that are not important to you.

- \_\_\_ religion
- \_\_\_ education
- \_\_\_ vacation
- \_\_\_ saving money
- \_\_\_ our own business
- \_\_\_ jewelry
- \_\_\_ family
- \_\_\_ health
- \_\_\_ cultural events
- \_\_\_ sports
- \_\_\_ job success
- \_\_\_ food
- \_\_\_ insurance
- \_\_\_ lots of money
- \_\_\_ friends
- \_\_\_ new car
- \_\_\_ pay off debts
- \_\_\_ your own home
- \_\_\_ clothes
- \_\_\_ entertainment
- \_\_\_ pets
- \_\_\_ other?

### Managing Money: Determining What is Important to You

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