

SOME EXAMPLES OF VALUES

Freedom
 Security
 Happiness
 Peace of mind
 Power
 Helping others
 Helping family
 Realizing my true potential (self-actualization)
 Greater spirituality

Connection with others
 Independence
 Fulfillment
 Confidence
 Being the best
 Making a difference
 Fun
 Growing
 Adventure

Start on the bottom rung and ask yourself the following questions for each step in the ladder:

Jessica's Values Ladder

Your Values Ladder

What's important about money to you? What's important about each following step? Why is it important?	
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Making a difference, helping others

Living longer, example to son

Not rushing, having a life

Feeling calmer, happier

More time with son, husband

Freedom/no duty constraints

Security
