

Session 4 – In class exercise: Assess your values and time

CHECK YOURSELF

Your values (what's important to you) give direction to your life. How you spend your time says a lot about your values.

Below are some important values listed in no particular order. Review the list and add any values that you feel are important. List the values in rank-order from “most” to “least” important with #1 being most important.

For each value, rate the amount of time and effort you are currently spending in this area of your life as high (H), moderate (M), or low (L).

VALUES	RANKING FOR IMPORTANCE	RATING FOR TIME AND EFFORT
Marriage or other significant intimate relationship		
Health		
Children and family		
Spiritual needs		
Status/recognition from others		
Intellectual stimulation		
Material things (things money buys)		
Creativity		
Work satisfaction		
Pleasure (having fun; doing things you like)		
Power		
Financial security		
Friendships		
Physical attractiveness/appearance		

Which values did you rate high on importance (in the top five) and high on time and effort?

Which values did you rate high on importance (in the top five) and low on time and effort?

Which values did you rate lower on importance and high on time and effort?

Should you consider using your time differently?