

The list below consists of life aspects or life values that are predominant in people's lives. Different people will value these aspects differently. Depending on how important they are to you, choose three values that are the most important to you (adapted from Valued living questionnaire by Wilson, 2002).

## List of Life Aspects or Life Values

1. Romantic relationships (dating, marriage)
2. Family (family relationships other than parenting and marriage)
3. Work (advancing at work, finances)
4. Socializing and friends (spending time with friends)
5. Educational goals (finishing school, taking different courses and classes)
6. Spirituality, religion (sense of connection with something bigger)
7. Health and self-care (taking care of physical and mental health)
8. Community life (charity, contributing to your community)
9. Parenting (promoting and supporting the different life aspects of your children)
10. Recreation and fun (hobbies, activities in your free time)

