

# Goals and Values Self-Assessment

Mann, 2014

## Goals and Dreams:

Put a check (✓) to the left if this is a Goal or Dream for you

✓	
	<input type="checkbox"/> Graduate High School <input type="checkbox"/> Graduate College
	Break a record (What record?: _____)
	Be rich (wealthy)
	Get in better physical shape or build muscles
	Join the Military
	Own a Car
	Increase my reading speed
	Have better control of my emotions or my behavior
	Be less concerned about what others think of me
	Be a professional musician (a singer, guitar player, piano player,...)
	Be better organized
	Travel across America or travel the world
	Get a paying job
	Have Nicer Clothes
	Get Married
	Be a _____ (job or occupation)
	Be more easy going
	Be more confident
	Live in a different country (which one: _____)
	Do something dangerous or adventurous (risk-taking)
	Live Independently (not with parents)
	Have a Role in a Movie or TV Show
	Be a father or mother
	Speak a different language fluently
	Be on a TV show or in a movie
	Other Goals/Dreams/Bucket List Items Not Listed Above: _____ _____

## Values:

Put a check (✓) to the left if this matters a lot to you:

✓	
	Being healthy <span style="float: right;">Mann, 2013</span>
	Honesty
	Helping people: <input type="checkbox"/> at school <input type="checkbox"/> at home <input type="checkbox"/> in the community
	Being a good: <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Friend <input type="checkbox"/> Son/Daughter
	Having a lot of money (rich; wealthy)
	Being productive and focused
	Being a leader
	Being liked
	Spending time with: <input type="checkbox"/> friends <input type="checkbox"/> Family
	Freedom
	Participating in youth activities: <input type="checkbox"/> Sports <input type="checkbox"/> Religious groups <input type="checkbox"/> Scouts <input type="checkbox"/> Dance <input type="checkbox"/> Other: _____
	Learning new things (gaining knowledge, wisdom, intelligence)
	Taking care of my pet
	Having time alone (being by myself)
	Being noticed when I do something well
	Achieving in school (get good grades; learn a lot)
	Peace
	Fairness
	Listening to music
	Reading books (for pleasure)
	Watching TV
	Playing video games
	Creativity (art; building things; thinking creatively)
	Being well-liked by: <input type="checkbox"/> Peers <input type="checkbox"/> Adults
	Being clean and neat
	Being listened to (being understood by others)
	Humor or laughing
	Power
	Other things that matter to me: _____ _____