

## PERSONAL VALUES to JELLY BEAN EXERCISE

This is a “personal values” questionnaire for the JELLY BEAN exercise.

Using the following scale, please rank each values according to its importance for you:

**3 = very important**

**2 = quite important**

**1 = not important**

You can add your own personal values not found below to the list.

	Enjoyment of arts, entertainment and cultural activities		Opportunity to establish roots in one place
	A life with many challenges		Opportunity to be a leader
	A life with many changes		Opportunity for physical activities
	An exciting life		A happy love relationship
	Freedom to create my own lifestyle		Fulfilling career for me and my partner
	Owning a house		Contributing to my community
	A financially comfortable life		Abundance of leisure time
	Independence		Ability to move from place to place
	Creativity		A stable life
	Religious/spiritual activities and belief		A life without stress
	Having children		Good health
	A variety of interests and activities		Many close friends
	Freedom to live where I wish		A large family
	Time to myself		A fulfilling career
	Physical fitness		Helping those in distress
	To live according to strong moral values		To be remembered for my accomplishments
	Opportunity to improve the world we live in		Work-life balance
	Opportunity to teach others		Security
	To do something memorable		Reputation
	A chance to became famous		Status
	To help others solve problems		
	To make a lots of money		
	To chance to make social changes		