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**Values Chart**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Category** | **Goal** | **Goal rating: 1-10** | **Effort rating:****1-10** | **Perceived Barriers** | **Action Based Solutions** |
| **Family** | ex. support mom |  |  |  |  |
| **Social** | ex. build new relationship |  |  |  |  |
| **Physical Health** | ex. lose 10 pounds |  |  |  |  |
| **Work** | ex. find a job |  |  |  |  |
| **Spiritual** | ex. develop faith |  |  |  |  |
| **Personal Growth** | ex. learn new language |  |  |  |  |
| **Parenting** | ex.teach a child something |  |  |  |  |
| **Community** | ex. clean neighborhood side walk |  |  |  |  |
| **Hobbies** | ex. learn how to play chess |  |  |  |  |
| **Romantic** | ex. meet someone |  |  |  |  |