

What I Care About

Directions: Please check the box that shows how important each of the following values or goals is to you right now – for now and for your future.

	Not Important	Somewhat Important	Very Important
Making money			
Being popular or well-liked			
Looking good			
Being healthy and physically fit			
Having a husband/wife/life partner			
Having children			
Being able to take care of my child when I have one			
Getting a job I enjoy			
Traveling to new places			
Hanging out with friends			
Making the world a better place			
Having a loving relationship			
Having a good sexual relationship			
Completing high school			
Living by my religion			
Being able to support myself			
Getting along with my family			
Avoiding sexually transmitted diseases			
Having trusted friends			
Making it on my own			
Getting a college education			
Being treated fairly			

Now that you've finished, go back and put a star * beside the three goals or values that are the most important to you – the ones that you wouldn't want to be without.

Adapted from: Ross, Susan. (1979). Youth Values Project. Washington, DC: Population Institute.

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