

The tool:



## Hierarchy of Values Worksheet

Complete this worksheet to determine what is **MOST** important to YOU.

Effectively used for which of the 4 points?

<input checked="" type="checkbox"/>	Building Motivation	Coping with Urges	Problem Solving	Lifestyle Balance
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A. Take a few minutes or so and write down a list of things that are important to you:

B. From the list above, look through and choose those that you consider to be your “Top Five”... the five things you consider to be the **MOST IMPORTANT** to you (in no particular order):

- 1.
- 2.
- 3.
- 4.
- 5.