

# Life Skills and Values Checklist

*Mark on the list below your values, skills and strengths:*

## **“How we behave”**

- Ambitious (hard working, aspiring)
- Broad-minded (open-minded)
- Capable (competent, effective)
- Cheerful (lighthearted, joyful)
- Clean (neat, tidy)
- Courageous (stand up for your beliefs)
- Forgiving (willing to pardon others)
- Helpful (working for the welfare of others)
- Honest (sincere, truthful)
- Imaginative (daring, creative)
- Independent (self-reliant, self-sufficient)
- Intellectual (intelligent, reflective)
- Logical (consistent, rational)
- Loving (affectionate, tender)
- Obedient (dutiful, respectful)
- Polite (courteous, well-mannered)
- Responsible (dependable, reliable)
- Self-controlled (restrained, self-disciplined)

Which of your strengths are the most important to you?

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# Life Skills and Values Checklist

## “How we live our lives”

- A comfortable life (prosperous)
- An exciting life (stimulating, active)
- A sense of accomplishment (lasting contribution)
- A world at peace (free from war and conflict)
- A world of beauty (beauty of nature and arts)
- Equality (brotherhood, equal opportunity)
- Family security (taking care of loved ones)
- Freedom (independence, free choice)
- Happiness (contentedness)
- Inner harmony (freedom from inner conflict)
- Mature love (intimacy)
- National security (protection from attacks)
- Pleasure (an enjoyable, leisurely life)
- Salvation (saved, eternal life)
- Self-respect (self-esteem)
- Social recognition (respect, admiration)
- True friendship (close companionship)
- Wisdom (a mature understanding of life)

What have you learned about yourself from using this checklist?

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Adapted from Rokeach, M. (1973). *The Nature of Human Values*. New York: Free Press.