

# What's Important to Me

Things that are Important to Me

**Examples of things people hold important:**

Being a good companion to \_\_\_\_\_  
Being creative  
Being financially secure  
Being healthy  
Being in control of myself  
Communicating with my family and friends  
Cooking  
Enjoying food  
Expressing myself  
Following my religious beliefs  
Gardening  
Helping others  
Laughing  
Listening to music

Living in my own home  
Making my own decisions  
Making the world a better place  
Movies, theatre, opera, etc.  
My pet(s)  
Not depending on others  
Participating in sports  
Reading  
Sex  
Traveling  
Walking  
Watching sports  
Working