

What is Important to Me?



1. In the left-hand column, write up to 10 things that are very important to you in your life right now. List them in order of importance with "1" being most important.
2. In the next column, write whether each item is a thing (T), person (P), or value (V).
3. Next, write down a few ways that you could lose each item.
4. In the last column, write a few things you could do to keep each item.

WHAT IS IT?	THING (T), PERSON (P), or VALUE (V)	HOW I COULD LOSE IT	HOW I CAN KEEP IT
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			



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