

# PERSONAL VALUES BUDGET

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This activity will help you to determine your personal values and the priority you place on them.

## Instructions:

1. Imagine that you have \$2000.00 to spend any way you wish on the 34 items listed below.
2. After you print the budget out, write down how much money you would spend to buy that item on the open market in the space to the right of each item.

## Guidelines:

- a. Allocate money only to those items you **really want**.
- b. Spend **all** of the \$2000.00 - no more and no less.
- c. If you find that you have spent too much, go back and reallocate.
- d. Do the same if you haven't spent enough.
- e. You cannot spend money on items that do **not** appeal to you.
- f. You **can** spend the entire \$2000.00 on one item if you want.

ITEMS TO BUY	AMOUNT BUDGETED
1. A chance to rid the world of prejudice	
2. A chance to serve the sick and needy	
3. A guarantee to become a famous figure (movie star, athletic hero, etc.)	
4. A proposal that will triple your company's earnings	
5. A daily massage and the finest cuisine from the world's best chef	
6. Perfect insight into the meaning of life	
7. A vaccine to make all persons incapable of dying	
8. A chance to set your own working conditions	
9. To be the richest person in the world	
10. The presidency	
11. The perfect love affair	
12. A house overlooking a beautiful view with your favorite works of art.	
13. To be the most attractive person in the world.	
14. To live to a hundred with no illness.	

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ITEMS TO BUY	AMOUNT BUDGETED
15. Free psychoanalysis with a genius analyst.	
16. The most complete library of great books for your own private use.	
17. Harmony with God; doing God's work.	
18. A way to rid the world of unfairness.	
19. The ability to donate one million ounces of gold to your favorite charity	
20. To be voted outstanding person of the year and praised in newspapers.	
21. To master the profession of your choice.	
22. Time to do nothing but enjoy yourself, with all needs and desires met.	
23. To be the wisest person in the world.	
24. Be able to sneak "Authenticity serum" into the world's drinking water.	
25. A way to do your own thing, without being hassled.	
26. A large room full of silver dollars.	
27. The opportunity to control the destinies of 500,000 people.	
28. The love and admiration of the world.	
29. Unlimited travel and tickets to concerts, play, opera or ballet.	
30. A total makeover, new hairstyle, new wardrobe, new look.	
31. Membership to a great health club.	
32. Anti-hang-up pill.	
33. Your own omniscient computer, for any and all facts you might need.	
34. Unlimited time with the greatest figure of your faith, past or present.	
<b>Others?</b>	

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## Personal Values Identification

Now that you have done your budgeting, you need to figure out what your budget means in terms of your personal values. Which of the 34 items in the budget is associated with a personal value (listed in the key below). Note that each value corresponds to two items in the budget.

ITEMS	AMOUNT BUDGETED
1 and 18 Justice, the quality to be impartial and fair	
2 and 19 Humanitarianism, regard for the interests of others	
3 and 20 Recognition, being made to feel significant and important	
4 and 21 Achievement, accomplishment	
5 and 22 Pleasure, satisfaction or gratification	
6 and 23 Wisdom, insight, good sense, and judgment	
7 and 24 Honesty, straight-forwardness, integrity	
8 and 25 Autonomy, ability to be independent	
9 and 26 Material health, abundance of material possessions	
10 and 27 Power, control, authority or influence over others	
11 and 28 Love, affection, warm attachment	
12 and 29 Aesthetics, appreciation of beauty for beauty's sake	
13 and 30 Physical attractiveness, concern for appearance	
14 and 31 Health, concern for the health of one's own body	
15 and 32 Emotional Well-being, freedom from overwhelming anxiety	
16 and 33 Knowledge, the seeking of truth and/or information	
17 and 34 Religious faith, communion with, belief in a Supreme Being	

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## Personal Values Ranking

List your top three personal values from the above budget key (i.e., the first words after the corresponding numbers - e.g., Justice)

1.

2.

3.