

Assessment:

LIFE GOALS

I will read a list of goals that are important to different people. Please tell me how important each goal is in your life at the present time. Tell me if this goal is “not at all important,” “a little important,” “somewhat important,” “very important,” or “extremely important.”

Response Categories

Not at all
A little
Somewhat
Very
Extremely
N/A

How important is it for you to ...

1. Have a (another) child.
2. Find a job or go to school; develop a career.
3. Have a strong spiritual/religious part of your life.
4. Be the best person you can be; develop yourself as a person.
5. Have money, possessions.
- 6a. Help your children succeed (own bio/adopted children).
- 6b. **[if raising (other) children]** Help the other children.
7. Have a good, long-lasting relationship or marriage.

How important is it for you to...

8. Stay healthy (eating right foods, exercising, seeing doctor).
9. Change bad habits (smoking, drugs, or overeating).
10. Give and receive love; have strong relationships with family and friends.
11. Have meaning and purpose to your life.
12. Pay back debts/favors.
13. Have a stable place to live.
14. Have an exciting life.
15. Be independent.
16. Contribute something important and make a difference.

How important is it for you to ...

17. Do something that is useful to society or your community.
18. Be self-controlled or self-disciplined.
19. Stand up for yourself and those you love.
20. Help others.