

## WHERE DO I WANT TO END UP?

### *Terminal Values Checklist*

#### Personal Life & Self-Fulfillment

- |   |  |
|---|--|
| <input type="checkbox"/> Happiness        | General contentment and life satisfaction as an overall goal                       |
| <input type="checkbox"/> Inner Harmony    | Peace of mind; freedom from inner conflict; at peace with yourself                 |
| <input type="checkbox"/> Health           | Physical and mental well-being; living a healthy life                              |
| <input type="checkbox"/> Self-Respect     | Pride, dignity, and self-esteem; seeing yourself as worthy and honorable           |
| <input type="checkbox"/> Freedom          | Personal independence, autonomy, and liberty in how you live                       |
| <input type="checkbox"/> Wisdom           | A deep understanding of life; insight and mature perspective                       |
| <input type="checkbox"/> Pleasure         | Enjoyment, having fun, and seeking life's joys and comforts                        |
| <input type="checkbox"/> An Exciting Life | A life full of adventure, novelty, and stimulation (travel, new experiences, etc.) |

#### Relationships & Love

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|--|--|
| <input type="checkbox"/> True Friendship | Deep, lasting friendships; close companionship and trust between friends           |
| <input type="checkbox"/> Mature Love     | Lasting, genuine love and romantic intimacy; a stable, loving partner relationship |
| <input type="checkbox"/> Family Security | Safety of loved ones; well-being of one's family (providing and caring for family) |

#### Achievement & Prosperity

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|--|---|
| <input type="checkbox"/> A Sense of Accomplishment | Achieving personal goals; a feeling of lasting contribution or success in what you do                       |
| <input type="checkbox"/> Social Recognition        | Gaining respect, recognition, or admiration from others; having a good reputation or prestige               |
| <input type="checkbox"/> A Comfortable Life        | A prosperous, secure life; financial stability and material comfort (having what you need for an easy life) |

#### Spirituality & Meaning

- |  |   |
|--|---|
| <input type="checkbox"/> Spiritual Salvation | Attaining an ultimate spiritual state (e.g. salvation, enlightenment, or unity with the divine); feeling saved or at peace with God                     |
| <input type="checkbox"/> Meaningful Life     | Living with purpose and meaning; feeling that one's life aligns with a higher purpose or personal mission (e.g. leaving a legacy, fulfilling a calling) |

## Societal & Community Impact

- A World at Peace      Global harmony; an end to war, conflict, and strife – living in a peaceful world
- Equality      Equal opportunity and rights for all; a just society without discrimination
- National Security      Safety, peace, and security for one's country or community (protection from threats)
- A World of Beauty      Beauty in nature and art; a world filled with aesthetic beauty, culture, or environmental harmony