

LOVE LIST

Instructions:

1. Write down twenty things that you “love” to do—big things like going on vacation or little things like sunbathing.
2. Rank the five you love the most.
3. Check those that cost more than \$5.00.
4. Place an “A” next to those you prefer to do alone and a “P” next to those you prefer to do with people.
5. Record the time it has been since you last did that activity.

Activity	Rank	Over \$5	Alone or with people	How long since last done?
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____
6. _____	_____	_____	_____	_____
7. _____	_____	_____	_____	_____
8. _____	_____	_____	_____	_____
9. _____	_____	_____	_____	_____
10. _____	_____	_____	_____	_____
11. _____	_____	_____	_____	_____
12. _____	_____	_____	_____	_____
13. _____	_____	_____	_____	_____
14. _____	_____	_____	_____	_____
15. _____	_____	_____	_____	_____
16. _____	_____	_____	_____	_____

Continue on other side

17. _____

18. _____

19. _____

20. _____

Adapted from Simon, Sidney, Leland Howe, and Howard Kirschenbaum (1972). Values Clarification. New York: Hart Publishing Co.