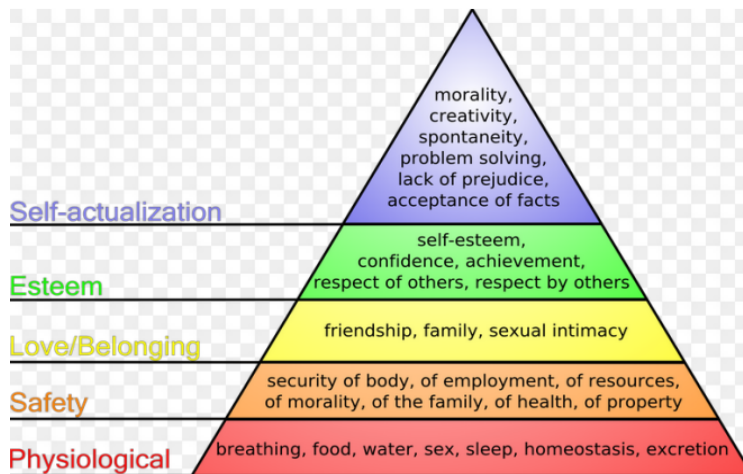


Hierarchy of Values and Principles to Achieve

By Bill Boyce & Jovian



Maslow proposed the Hierarchy of Needs to which all humans strive for, please review the pyramid to determine where you are and where you want to be. You actually move up and down on the pyramid over time much like the stages of change. From where you are on the pyramid, you can establish your Hierarchy of Values. Transcendence has been added to the very top, it goes beyond personal self and includes values related to supernatural experiences, nature, aesthetics, service to others, religious faith, and science. All living organisms require physiological needs in order to survive.

SMART Recovery talks about Hierarchy of Values on page 14 of the handbook. Now in my opinion, the hierarchy of values should be one word statements like integrity, honesty, etc. Things that matter to you the most in your life. So with that in mind, complete your Hierarchy of Values in the table below.

Hierarchy of Values

Now based off of your Hierarchy of Values, come up with a list of principles to achieve them. This could be spending my time with family, advancing my education, etc. List those items in the table below.

Hierarchy of Values	Principles to Achieve