

# CLARIFY YOUR VALUES

---

## Instructions: (important to do them one at a time, and in order)

1. On the list of 56 values, put a line through the 36 values that are the least important to you.
2. With the remaining 20 values, put a line through the 10 values that are the least important to you.
3. With the remaining 10 values, put a line through the 5 values that are the least important to you.
4. With the remaining 5 values, select the two that are the least important to you and rank them 4<sup>th</sup> and 5<sup>th</sup>.
5. With the remaining 3 values, rank them in order of importance, 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.
6. Define each of the top 5 values in behavioural terms, based on what they mean to you.
7. Use your top 3 values as a magnifying glass to examine your life, particularly stressful or unhappy areas.
8. Use your top 5 values as a guide when making future decisions.
9. Revisit this exercise as you move through various stages of your life. You may find that your values change.

ACHIEVEMENT	opportunity to excel and produce significant results
ADVANCEMENT	moving up; getting ahead
ADVENTURE	risk, excitement, unpredictable results
AFFILIATION	to be recognized as part of a group
APPEARANCE	concern for one's own attractiveness, or of surroundings
AUTHORITY	control over the activities or destiny of others; power
BALANCE	blending work and life
BELONGING	feeling connected and liked
CHALLENGE	willingness to test limitations
COMMUNITY	involved in community affairs
COMPETENCE	being capable and effective
COMPETITION	engage in activities which pit abilities against others; winning
CONSENSUS	making decisions everyone can live with
CONSISTENCY	harmony, congruity, cohesion
COURAGE	stand up for rights
CREATIVITY	finding new ways to do things
DIPLOMACY	ability to find common ground in difficult situations
EXCELLENCE	having high quality standards
EXPERTISE	being regarded as a person who knows
FAMILY	taking care of and spending time with loved ones
FAIRNESS	respecting the rights of others
GROWTH	continuous learning; self-awareness



# CLARIFY YOUR VALUES

---

FORGIVENESS	ability to forgive others and let go of hurt
FRIENDSHIP	maintain close relationships
HEALTH	physical wellness and strength
HELPING	taking care of others; lending a hand
HONESTY	sincerity and truth
INDEPENDENCE	free to work on one's own
INTEGRITY	acting in accordance with one's beliefs
INTIMACY	emotional, spiritual connection
KNOWLEDGE	seeking intellectual stimulation
LEISURE	time for enjoyment, pleasure and relaxation
LOYALTY	showing devotion to someone or something; allegiance
OPENNESS	open dialogue; free exchange of ideas
ORDERLINESS	tidy; neat
PEACE	free of conflict
PERSEVERANCE	ability to see things through
PERSONAL GROWTH	continuous learning, self-awareness
PLAY	fun, lightness, spontaneity
POWER	having a sense of control
PRIVACY	valuing one's own boundaries
PROSPERITY	flourishing; comfortable
RESPECTFUL	considerate of others
RISK	excitement and high stakes
SECURITY	freedom from worry
SELF-ACCEPTANCE	self respect; self esteem
SELF-DISCIPLINE	self control; restrained
SELF-EXPRESSION	willing and able to share opinions and ideas
SPIRITUAL GROWTH	relationship to a higher purpose
STABILITY	predictable; structured; safe
STATUS	earning a higher position or title
TEAMWORK	working in co-operation with others toward a common goal
TRADITION	respect for the way things have always been done
TRUST	belief in reliability, truth, ability or strength of someone or something
VARIETY	frequent changes; new challenges
WEALTH	financially comfortable; flourishing

