



Values Clarification

1) Choose your top 10 to 15 values from the list below (if there is a value not indicated please feel free to add it)

2) Prioritize your list by identifying the top 5.

Questions to ask yourself to help you hone in on your top 5 values:

*Which of these values is truly the most important to me in life?

*If I could only satisfy one of these values which one would it be?

The answer to this question is your number one value. Then move down the list and ask which remaining value is the next most important to you, and so on until you've sorted the whole list in priority order.

For some, determining the highest priority values comes easy for others figuring out which ones are really important is a struggle. Sometimes what I suggest is inventing a scenario for each value, and then compare those scenarios. For example, if you're trying to decide which is more important to you, health or learning, then ask yourself, "Which would I rather do- exercise or read a book?" This example assumes that reading a book would satisfy your value of learning and that exercising would satisfy your value health, each roughly the same degree.

<u>VALUES</u>	<u>RANK</u>	<u>VALUES</u>	<u>RANK</u>	<u>VALUES</u>	<u>RANK</u>
Accomplishment	_____	Contribution	_____	Enjoyment	_____
Acceptance	_____	Creativity	_____	Energy	_____
Achievement	_____	Compassion	_____	Family	_____
Authority	_____	Commitment	_____	Fun	_____
Adaptability	_____	Competence	_____	Friendship	_____
Accountability	_____	Competition	_____	Faith	_____
Accuracy	_____	Contentment	_____	Fulfillment	_____
Acknowledgement	_____	Control	_____	Flexibility	_____
Activeness	_____	Conviction	_____	Fairness	_____
Adventure	_____	Cooperation	_____	Fashion	_____
Affection	_____	Correctness	_____	Fearlessness	_____
Affluence	_____	Curiosity	_____	Financial Independence	_____
Ambition	_____	Credibility	_____	Freedom	_____
Appreciation	_____	Courage	_____	Generosity	_____
Approachability	_____	Diversity	_____	Gratitude	_____

<u>VALUES</u>	<u>RANK</u>	<u>VALUES</u>	<u>RANK</u>	<u>VALUES</u>	<u>RANK</u>
Approval	_____	Decisiveness	_____	Growth	_____
Art	_____	Dependability	_____	Giving	_____
Attractiveness	_____	Determination	_____	Honesty	_____
Awareness	_____	Devotion	_____	Humor	_____
Balance	_____	Dignity	_____	Humility	_____
Beauty	_____	Discipline	_____	Helpfulness	_____
Being the Best	_____	Discovery	_____	Harmony	_____
Boldness	_____	Diversity	_____	Health	_____
Bravery	_____	Dominance	_____	Hopefulness	_____
Calmness	_____	Duty	_____	Heroism	_____
Candor	_____	Drive	_____	Independence	_____
Capability	_____	Dynamism	_____	Individuality	_____
Carefulness	_____	Diligence	_____	Integrity	_____
Celebrity	_____	Emotional Health	_____	Influence	_____
Certainty	_____	Education	_____	Intelligence	_____
Challenge	_____	Efficiency	_____	Intuitiveness	_____
Change	_____	Excitement	_____	Justice	_____
Charity	_____	Excellence	_____	Kindness	_____
Charm	_____	Environment	_____	Knowledge	_____
Cheerfulness	_____	Expressiveness	_____	Leadership	_____
Comfort	_____	Exploration	_____	Love	_____
Clarity	_____	Expertise	_____	Loyalty	_____
Cleanliness	_____	Experience	_____	Luxury	_____
Community	_____	Ethics	_____	Learning	_____
Making a Difference	_____	Mastery	_____	Meaning	_____
Moderation	_____	Motivation	_____	Modesty	_____

<u>VALUES</u>	<u>RANK</u>	<u>VALUES</u>	<u>RANK</u>	<u>VALUES</u>	<u>RANK</u>
Mindfulness	_____	Meticulousness	_____	Nature	_____
Novelty	_____	Neatness	_____	Nerve	_____
Nonconformity	_____	Organization	_____	Optimism	_____
Open-mindedness	_____	Openness	_____	Power	_____
Personal Appearance	_____	Personal Growth	_____	Pleasure	_____
Professionalism	_____	Peace of Mind	_____	Pride	_____
Perseverance	_____	Passion	_____	Patience	_____
Perfection	_____	Philanthropy	_____	Playfulness	_____
Privacy	_____	Recognition	_____	Responsibility	_____
Respect	_____	Risk-taking	_____	Relaxation	_____
Reliability	_____	Reasonableness	_____	Restraint	_____
Spirituality	_____	Self-reliant	_____	Strength	_____
Stability	_____	Structure	_____	Status	_____
Security	_____	Sensitivity	_____	Sexiness	_____
Sincerity	_____	Simplicity	_____	Success	_____
Spontaneity	_____	Sophistication	_____	Trustworthiness	_____
Support	_____	Thoughtfulness	_____	Teamwork	_____
Tradition	_____	Teaching	_____	Unity	_____
Understanding	_____	Uniqueness	_____	Usefulness	_____
Variety	_____	Versatility	_____	Volunteering	_____
Wisdom	_____	Warmth	_____	Wealth	_____
Willingness	_____	Youthfulness	_____	Zeal	_____

*Once completed, it's important to then explicitly determine YOUR definition of those values you chose. From there daily actions can be implemented to support your values. Allowing you to make better decisions that align with yourself and others while also helping to manage your time most effectively.

Don't hesitate to contact me for a **complimentary session**. Together, we can fine your value hierarchy and begin to develop personal strategies that allow you to put your best effort into the areas that have the greatest impact in your life.