Instructions

Read the list of values below. Identify approximately ten that you believe you must have in order to be your best. After identifying ten, narrow this list to the four that are most important to you. Write these four on the lines provided at the bottom of the page.

Ask yourself:

1. What is most important to me?
2. What do I value more than anything else?

List of Values

- Achievement
- Privacy
- Helping Society
- Having a Family
- Variety
- Quality
- Knowledge
- Time
- Democracy
- Nature
- Influencing Others
- Reputation
- Inner Harmony
- Fame
- Loyalty
- Economic Security
- Status

Community
Advancement
Pleasure
Honesty
Power
Security
Self-Respect
Leadership
Money
Competence
Competition
Sophistication
Responsibility
Job
Financial Gain
Market Position
Effectiveness

Friendships
Promotion
Public Service
Purity
Authority
Work
Efficiency
Freedom
Truth
Integrity
Quality
Cooperation
Accountability
Recognition
Freedom
Work Alone
Meaning

Helping Others
Arts
Adventure
Affection
Independence
Creativity
Decisiveness
Serenity
Order
Intimacy
Location
Involvement
Wisdom
Fast Living
Group Work
Wealth
Spirituality

Physical Challenge
Growth
Challenging Problems
Change
Tranquility
Supervising Others
Merit
Ethical Practice
Excellence
Religion
Intellectual Status
Ecological Awareness
Country
Work under Pressure
Personal Development
Excitement
Honest Friendships

Write your values on the lines below.

_________________  __________________  __________________  __________________

_________________  __________________  __________________  __________________

_________________  __________________
Values Assessment

What do you think about the ten (10) values you have chosen?

Do you see any similarities, patterns, or themes among the 10 values you have chosen?

What do you think these chosen values say about you?

Look at the 10 values you have chosen. Now, narrow them down to four and write your list on the lines provided below.

Four Core Values

1. ______________________
2. ______________________
3. ______________________
4. ______________________