

Personal Values Exercise

The purpose of this exercise is for you to distinguish your personal values. The more conscious we are of our values, the easier it is to make the right decisions day to day and make choices consistent with our values.

❶ Check off 15 from the list, then circle 10 from the list. If there is a value missing, write it in the lines at the end of the column.

❷ Reduce those 10 to 5 values and write those below on lines provided.

❸ For each of those values, write a brief sentence in the spaces provided below about what that would look like in your life – or how you would be aware of this value in your daily activities.

	Family Happiness
	Health
	Competitiveness (winning, taking risk)
	Friendship (close relationship with others)
	Affection (love, caring, etc.)
	Wisdom (discovering and understanding knowledge)
	Cooperation (working well with others, teamwork)
	Fame (being well known or famous)
	Achievement (a sense of accomplishment)
	Wealth (getting rich, making money)
	Economic Security
	Freedom (independence and autonomy)
	Integrity (honest, sincerity, standing for oneself)
	Inner harmony (being at peace)
	Creativity (being imaginative, innovative)
	Helpfulness (helping others, improving society)
	Personal Development (use of personal potential)
	Self Respect (sense of personal identity, pride)
	Recognition (status, recognition from others)
	Advancement (promotions)
	Spirituality (strong spiritual beliefs)
	Loyalty
	Adventure (new challenges)
	Gender Orientation (strong identify to gender)
	Involvement (belonging, being involved with others)
	Economic Security
	Pleasure (fun, laughs, leisurely lifestyle)
	Power (control, authority, influence over others)
	Responsibility (being accountable for results)
	Order (stability, conformity, tranquility)
	Sexual Identity (having strong identity to sexuality)
	Culture (race or ethnic identity)
	Efficiency
	Effectiveness

❹ Describe the actions/activities in your life that would be an expression of this value. This answers the question, “what would it look like?”. Be as specific as you can. :

Value 1	Looks like:
Value 2	Looks like:
Value 3	Looks like:
Value 4	Looks like:
Value 5	Looks like: