VALUES CLARIFICATION

1. Please read through the list, take time to reflect, and then mark your top ten values. (Note that this list is not exhaustive! Use the blank spaces to add values if something important is missing.) Be honest. You won’t have to share your answers. I promise.

2. Now narrow down your top ten to the five most important values, to you, in your life right now. Mark them with a star or smiley face or whatever makes you happy.

3. Lastly, rank your top five, 1-5, with one being most important, and so on.

Ready? Set. Go!

\_\_\_ Achievement (excellence in work/school - high marks, prestigious job)

\_\_\_ Adventure (new experiences, excitement)

\_\_\_ Altruism (providing direct assistance to a person or group)

\_\_\_ Authenticity (being “real,” wanting things/experiences to be “real”)

\_\_\_ Autonomy (making your own decisions, work or play on your own)

\_\_\_ Beauty (aesthetically pleasing art, environment, people)

\_\_\_ Belonging (fitting in; membership in a team, club, clique, group, etc.)

\_\_\_ Civic Engagement (participating in school/government, voting)

\_\_\_ Collective Good (prioritizing what is best for family, group, or school)

\_\_\_ Comfort (feeling comfortable in your surroundings)

\_\_\_ Connection (being in relationships with family, friends, community)

\_\_\_ Creativity (generating and expressing ideas)

\_\_\_ Critical Thinking (questioning sources of information, authority)

\_\_\_ Cultural Connectedness (learning about, celebrating your culture)

\_\_\_ Doing What is Right (absolute values of right/wrong, doing right)

\_\_\_ Economic Wealth (accumulating money and/or resources)

\_\_\_ Environment/Ecology (reducing negative human impact on the earth)

\_\_\_ Fairness (treating people equally, equality, everyone gets a fair chance)

\_\_\_ Family Focus (prioritizing family relationships and responsibilities)

\_\_\_ Fitness (being physically fit by exercising and/or playing sports)

\_\_\_ Friendship (prioritizing friendships)

\_\_\_ Happiness (doing what makes you happy)

\_\_\_ Health (making healthy choices, eating well, striving for good health)

\_\_\_ Helping Society (doing things to make the world better)

\_\_\_ Honesty (being truthful, even when difficult for you or others)

\_\_\_ Humor (wit, being able to see the humor in situations)

\_\_\_ Image (how you look to the world)

\_\_\_ Individual Freedom (societal rules that prioritize individual choice)

\_\_\_ Intelligence (good at solving problems, being smart)

\_\_\_ Kindness (caring, being nice, giving and receiving in the spirit of love)

\_\_\_ Leadership (being in charge, prefer leading to following)

\_\_\_ Loyalty (steadfastness to people or groups)

\_\_\_ Nature (being outside, in parks or wilderness)

\_\_\_ Obeying Elders (listening to elders of community)

\_\_\_ Originality (being unique, individual, not conforming)

\_\_\_ Patriotism (loyalty and service to country)

\_\_\_ Physical Safety (being free from harm or danger)

\_\_\_ Politeness (demonstrating good manners)

\_\_\_ Recognition (acknowledgement of achievement, awards)

\_\_\_ Relaxation / Leisure (time for fun and enjoyment)

\_\_\_ Religion (observing religion, cultivating faith)

\_\_\_ Responsibility (demonstrating you can be trusted, being responsible)

\_\_\_ Spiritual Enlightenment (not necessarily within a defined religion)

\_\_\_ Stability / Security (predictability, stable environment, few changes)

\_\_\_ Wisdom (accumulation of knowledge)

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