

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)

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

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

___ Comfort (feeling comfortable in your surroundings)

___ Creativity (generating and expressing ideas)

___ Critical Thinking (questioning sources of information and meaning)

___ 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)

___ Faith (observing religion, cultivating spirituality)



- ___ Family (prioritizing family relationships and responsibilities)
- ___ Friendship (prioritizing friendships)
- ___ Happiness (doing what makes you happy)
- ___ Health (making healthy choices, eating well, physical fitness)
- ___ Honesty (being truthful, even when difficult for you or others)
- ___ Humor (wit, being able to see the humor in situations)
- ___ Improving Society (helping make the world a better place)
- ___ 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)
- ___ Learnedness (knowledge acquired by study, well-read, informed)
- ___ Loyalty (steadfastness to people or groups)
- ___ Nature (parks or wilderness, being outside, connecting with nature)
- ___ Originality (being unique, individual, not conforming)
- ___ Patriotism (loyalty and service to country)
- ___ Recognition (awards, acknowledgement, outside validation)
- ___ Responsibility (trustworthiness, being responsible)
- ___ Stability / Security (predictability, safe environment, few changes)
- ___ Wisdom (accumulation of experience, knowledge, good judgment)
- ___ _____ ()
- ___ _____ ()

