VALUES CLARIFICATION EXERCISE

Directions: All of the following values are worthwhile. Please select your top 10 (check), and then pick your top 5 values (two checks).

When you have finished, write your top five values in your personal journal and write one or two sentences describing why each value is important to you.

____ ACHIEVEMENT (sense of accomplishment by means of skills, practice, perseverance, or exertion)

____ ADVANCEMENT (moving forward in your career through promotions)

____ ADVENTURE (work which frequently involves risk taking or travel)

____ AESTHETICS (involved in studying or appreciating the beauty of ideas, things, etc.)

____ AUTONOMY (work independently, determine the nature of your work without significant direction from others)

____ CARING (love, affection)

____ CHALLENGE (stimulates full use of your potential)

____ CHANGE & VARIETY (varied, frequently changing work responsibilities and/or work settings)

____ COMPETITION (your abilities against others where there is a clear win/lose outcome)

____ COOPERATION (opportunity to work as a team toward common goals)

____ CREATIVITY (being imaginative, innovative, coming up with ideas)

____ ECONOMIC SECURITY (having enough money)

____ EXCITEMENT (experience a high degree of, or frequent excitement in your work)

____ FAMILY HAPPINESS (being able to spend quality time and develop relationships with family)

____ FRIENDSHIP (develop close personal relationships)

____ HEALTH (physical and psychological well-being)
HELP OTHERS (be involved in helping people in a direct way, individually or in a group)

HELP SOCIETY (do something to contribute to improve the world)

INNER HARMONY (being at peace with oneself)

INTEGRITY (sincerity and honesty)

INTELLECTUAL STATUS (be regarded as an expert in your field, thought of as smart)

KNOWLEDGE (understanding gained through study and experience)

LEADERSHIP (influence over others, rather lead than follow)

LEISURE (have time for hobbies, sports, activities and interests)

LOCATION (live somewhere that will fit your lifestyle and allow you to do the things you enjoy most)

LOYALTY (steadfastness and allegiance)

PLEASURE (enjoyment)

POWER (authority, control)

PRECISION (work in situations where there is little tolerance for error)

RESPONSIBILITY (being accountable for results)

RECOGNITION (getting acknowledged for your contribution)

STABILITY (work routine and have largely predictable duties, not likely to change over a long period of time)

SPIRITUALITY

TIME FREEDOM (flexible work schedule, no specific work hours required)

WEALTH (profit, gain, make a lot of money)

WISDOM (accumulation of knowledge)