

Values Clarification Exercise

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)