

DETERMINING YOUR VALUES

(maybe the most important thing you've done in a while)

Instructions:

The goal is to identify your top 10 values out of the list below, and then rank them in order of importance.

STEP 1: Read through the list and check the values that matter the most to you- scoring a 3, 4 or 5 according to the legend below. You can jump right to the values that you'd give a top score of 5, if you'd like to fast track the process. Don't go hog wild here; remember your goal is to identify your top 10.



0, 1 and 2 = no need to check off, since we're looking for what does matter, not what doesn't

3= value is bordering on above-average importance to me

4= value is very significant to me

5= value is of paramount importance to me, kind of like oxygen

VALUE	0 Who cares?	1 This value matters a little bit	2 This value has meaning to me	3 This value is of above-average importance to me	4 This value is very significant to me	5 This value is of paramount importance to me
Accountability	X	X	X			
Accuracy	X	X	X			
Achievement	X	X	X			
Adventurousness	X	X	X			
Altruism	X	X	X			
Ambition	X	X	X			
Assertiveness	X	X	X			
Authenticity	X	X	X			
Balance	X	X	X			
Beauty	X	X	X			
Being the best	X	X	X			
Belonging	X	X	X			
Boldness	X	X	X			
Calmness	X	X	X			
Carefulness	X	X	X			

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Challenge						
Cheerfulness						
Clear-mindedness						
Commitment						
Community						
Compassion						
Competitiveness						
Consistency						
Contentment						
Continuous Improvement						
Contribution						
Control						
Cooperation						
Correctness						
Courtesy						
Creativity						
Curiosity						
Decisiveness						
Democraticness						
Dependability						
Determination						
Diligence						
Discipline						
Discretion						
Diversity						
Dynamism						
Economy						
Effectiveness						
Efficiency						
Elegance						
Empathy						
Enjoyment						
Enthusiasm						
Equality						
Excellence						

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Excitement						
Expertise						
Exploration						
Expressiveness						
Fairness						
Faith						
Family						
Fidelity						
Fitness						
Flexibility						
Fluency						
Focus						
Freedom						
Fun						
Generosity						
Goodness						
Grace						
Growth						
Happiness						
Hard Work						
Harmony						
Health						
Helping						
Holiness						
Honesty						
Honor						
Humility						
Impact						
Independence						
Ingenuity						
Inquisitiveness						
Insightfulness						
Intelligence						
Intellectual Status						
Intuition						

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Joy						
Justice						
Leadership						
Legacy						
Love						
Loyalty						
Making a difference						
Mastery						
Merit						
Obedience						
Openness						
Order						
Originality						
Patriotism						
Perfection						
Piety						
Positivity						
Practicality						
Preparedness						
Process						
Professionalism						
Prudence						
Quality-orientation						
Reliability						
Resourcefulness						
Responsiveness						
Restraint						
Results-oriented						
Rigor						
Security						
Self-actualization						
Self-control						
Selflessness						
Self-reliance						
Sensitivity						

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Serenity						
Service						
Shrewdness						
Simplicity						
Soundness						
Speed						
Spontaneity						
Stability						
Strategic						
Strength						
Structure						
Success						
Support						
Teamwork						
Thankfulness						
Thoroughness						
Thoughtfulness						
Timeliness						
Tolerance						
Traditionalism						
Trustworthiness						
Truth-seeking						
Understanding						
Uniqueness						
Unity						
Usefulness						
Vision						
Vitality						
Vulnerability						
Wisdom						
Wonder						

STEP 2: After identifying the values that matter the most to you, rank order your top 10. This will probably be a painful process but it's important. *(Be honest and don't answer the way you think you should answer; go with your gut.)*

TOP VALUES (ranked)		To what extent are you able to demonstrate or step into these values really regular basis? on a really regular basis?			
		RARELY	SOMETIMES	OFTEN	ALL THE TIME!
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

STEP 3: Answer the following question for each value: **“To what extent are you able to demonstrate or step into these values on a really regular basis?”** Please check the boxes above for each value.

STEP 4: Reflect on the following questions:

1. What does this information mean for you?
2. What is the impact of how your values are or are not being honored?
3. Who do you know that lives their life in accordance to his or her values? What do you observe about him or her?
4. What changes, if any, are you willing to make to bring more of your values to life?
5. What would your life look like if you were able to check ‘All the Time’ column (with maybe a few ‘Often’ columns checked to be realistic) beside your values?
6. What’s next?

