

VALUES EXERCISE

Clarifying your most important values

The objective of this exercise is to help you clarify your values or beliefs. Your personal values are the inner rules (standards, principles) you use to make choices and to run your life. Some are more important to you than others. By selecting and prioritising your most important values, you will make better decisions and develop more effective relationships.

Since our values and beliefs change from time to time, often after reflection or certain events in our lives, it is useful to review and consider our values and beliefs regularly.

On the next page, we present a list of values, beliefs or personal characteristics for your consideration, along with steps to help you identify which are most important to you as guiding principles in your life.

Directions:

1. Identify fifteen or so values that are the most important to you and circle them.
2. From this list, identify the seven that are the most important to you and list under A - G.
3. On the next page, follow the instructions to prioritise each of the seven, with “1” being the most important value to you and “7” being the least important.

LIST OF VALUES, BELIEFS, OR DESIRABLE CHARACTERISTICS

Circle around 15

Accomplishment	Dependability	Joy
Achievement	Discipline	Learning
Advancement	Economic Security	Logic
Adventure	Education	Love
Affection	Effectiveness	Loyalty
Affiliation	Equality	Obedience
Ambition	Excitement	Order
Artistic Expression	Fairness	Peace
Assisting Others	Fame	Politeness
Authority	Family Happiness	Power
Autonomy	Family Security	Prestige
Balance	Forgiving	Pride
Beauty	Free Choice	Quality
Belonging	Freedom	Rationality
Broad or open mindedness	Friendship	Recognition
Caring	Fun	Reliable
Challenge	Generosity	Respect
Cheerfulness	Genuineness	Responsibility
Cleanliness	Happiness	Risk
Comfortable Life	Health	Self Respect
Companionship	Helpfulness	Sincerity
Competent	Honesty	Spirituality
Competitiveness	Independence	Status
Contribution	Influence	Success
Conformity	Inner Harmony	Teamwork
Contentedness	Improving Society	Tolerance
Control	Innovativeness	Tradition
Cooperation	Integrity	Wealth
Courage	Intellect	Winning
Courteousness	Involvement	Wisdom
Creativity	Imagination	Others?

PRIORITISING YOUR MOST IMPORTANT VALUES

Please list your seven most important values below, in any order. Don't be concerned about the order for now, just list them.

- A
- B
- C
- D
- E
- F
- G

Now let's clearly rank your values in the order of importance to you. Compare each of the values to each of the others. As you look at the first pair of values (A and B) decide which one is more important to you and circle that letter. Continue comparing each of the value with the others until each pairing has been compared and one of them is circled.

Then count up the total number of A's circled, B's Circled and so on, and write those numbers in the appropriate blanks in the Total column at the right.

								TOTAL
<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>		A's.....
B	C	D	E	F	G			
	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>			B's.....
	C	D	E	F	G			
		<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>			C's.....
		D	E	F	G			
			<u>D</u>	<u>D</u>	<u>D</u>			D's.....
			E	F	G			
				<u>E</u>	<u>E</u>			E's.....
				F	G			
					<u>F</u>			F's.....
						<u>G</u>		G's.....
								(Total should be
							21)	

Letter most circled identifies your highest priority.