

Values Identification Instructions

A value is a principle, standard or quality considered worthwhile or desirable. The more closely we align our work and our values, the greater our experience of wellbeing.

Using the list on the next page as a guide, circle your top seven values. Add your own if they do not appear on the list.

Helpful ways to identify values:

- "Without value _____, life would be incomplete"
- "Because of value _____, life has meaning"
- To test whether a value is real or ideal, note whether you invest either time or money in developing or supporting it in your life
- If you had all the time and money you needed, where would you expend your efforts?

List your seven values on the worksheet, A-G, in no particular order, for example:

- Challenge
- Learning
- Balance
- Stability
- Leisure
- Generosity
- Health

Using the prioritization worksheet, compare each value to every other value by circling the letter corresponding to the value that matters to you more. For example, as between value A and value B, circle A or B depending on which matters more. In the example above, if Challenge matters more than Learning, circle A. If Learning matters more than Challenge, circle B.

A A A A A A

B C D E F G

Repeat for A to C, A to D, etc., circling the value that matters more. When you have finished comparing value A to each of the remaining values, do the same for each of the other values, e.g. B to C, B to D, B to E, etc.

Tally the number of As, Bs, Cs, Ds, Es, Fs & Gs from each comparison set, and insert the number on the corresponding line on the right side of the page.



Values List

Accomplishment	Fairness	Politeness
Achievement	Faith	Politics
Advancement	Fame	Power
Adventure	Family Happiness	Prestige
Aesthetics	Family Security	Pride
Affection	Financial Security	Quality
Affiliation	Forgiveness	Rationality
Ambition	Free choice	Recognition
Artistic expression	Freedom	Reliability
Authority	Friendship	Religion
Autonomy	Fun	Respect
Balance	Generosity	Responsibility
Beauty	Genuineness	Restraint
Belonging	Happiness	Risk
Broad or Open-mindedness	Health	Salvation
Caring	Helpfulness	Security
Challenge	Honesty	Self-control
Cheerfulness	Independence	Self-reliance
Cleanliness	Influence	Self-respect
Comfortable life	Inner Peace	Service
Community	Improving society	Sincerity
Companionship	Innovativeness	Social Justice
Competence	Integrity	Spirituality
Competitiveness	Intellect	Stability
Contribution	Involvement	Status
Conformity	Imagination	Success
Contentedness	Intimacy	Sustainability
Continuous Improvement	Joy	Symbolism
Control	Learning	Teamwork
Cooperation	Leisure	Tidiness
Courage	Logic	Tenderness
Courteousness	Love	Tolerance
Creativity	Loyalty	Tradition
Curiosity	National Security	Tranquility
Dependability	Nature	Variety
Discipline	Obedience	Wealth
Education	Order	Winning
Effectiveness	Patriotism	Wisdom
Environment	Personal Growth	World Peace
Equality	Planet	Other?
	Pleasure	



Values Prioritization Worksheet

AAAAAA
BCDEFG

_____ As

BBBBB
CDEFG

_____ Bs

CCCC
DEFG

_____ Cs

DDD
EFG

_____ Ds

EE
FG

_____ Es

F
G

_____ Fs

_____ Gs

Total _____ (should be 21)

A _____
B _____
C _____
D _____

E _____
F _____
G _____

