

Values Clarification

STEP 1: DEVELOPING A SHORT LIST

Create a list of your most important 20 values, without trying to order them at all. Do this by circling 20 of the values below that most call to you, or write in other values not on the list.

Abundance	Achievement	Adventure	Balance
Attention to detail	Authenticity	Calmness	Challenge
Change and Variety	Charity/Giving	Clarity	Collaboration
Community	Compassion	Competition	Creativity
Courage	Curiosity	Decisiveness	Democracy
Emotional availability	Empathy	Equality for all people	Excitement
Expertise	Fairness and social justice	Family	Financial Security
Flexibility	Forgiveness	Freedom	Freedom of choice
Friendship	Fun	Generosity	Global Peace
Happiness/positive attitude	Having a say and a voice	Health	Help Others / Help society
Honesty	Honour	Humour	Imagination and creativity
Independence	Inner peace & harmony	Innovation	Inspiring others
Integrity	Intelligence	Kindness	Knowledge
Leadership	Learning	Living your dreams	Love for myself
Love for others	Making a difference	Massive wealth	Nature
Open communication	Optimism	Passion	Persistence
Personal growth	Physical challenge	Power and authority	Professionalism
Protecting the environment	Quality of Life	Recognition	Relationship with Spouse
Reliability	Respect	Risk taking	Security
Self-control	Self-respect	Spirituality	Spontaneity
Stability	Standing up for yourself	Taking care of myself	Taking responsibility
The big picture	Tidiness	Tolerance	Trust
Understanding			

My most important 20 values are:

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.
11.	12.
13.	14.
15.	16.
17.	18.
19.	20.

STEP 2: Identifying your top 5 values

Discover your 5 dominant values:

Now it is time to identify the 5 most important values from the 20 you have circled. Here are some suggestions on how to do this. See if some values circled above mean basically the same thing to you and give them one name. Compare values as if they cannot exist together – for example if you can only have *either* security *or* challenge, which would you choose? Eliminate the ones that are less important.

My top 5 values are:

1. _____
2. _____
3. _____
4. _____
5. _____

STEP 3: Define your top 5 values

Write in one sentence how you define your value. Ask yourself “what does this value look like?” and “what behaviours do I see when I am living this value?”

1. _____

2. _____

3. _____

4. _____

5. _____
