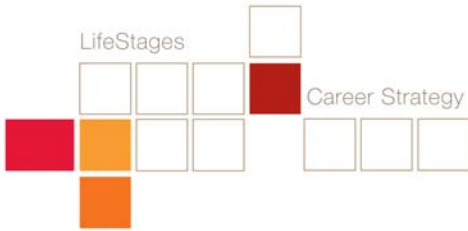


Values Clarification Exercise

What's *really* important to you? We call these characteristics or activities our values. These values, whether or not we are aware of them, influence our way of thinking and ways of behaving. This exercise will help us understand you and the choices you are making, deliberately or not. Pick 10 – 15 values and rank them in order of importance with ***I being of highest importance***. This can be difficult to do! You may want to continue this exercise in a journal or on other pages to expand your thoughts on these. This is for your personal and professional growth; you may notice these values may change over time as you and your life change.

VALUE	RANK	How am I living this value?
Accomplishing tasks	_____	_____
Achievement	_____	_____
Adventure	_____	_____
Autonomy	_____	_____
Beauty	_____	_____
Clarity	_____	_____
Community/Affinity	_____	_____
Creativity	_____	_____
Emotional Health	_____	_____
The Environment	_____	_____
Family Time	_____	_____
Flexibility	_____	_____
Freedom	_____	_____
Fun	_____	_____
Financial Status	_____	_____



Honesty/Integrity	_____	_____
Humor	_____	_____
Intellectual Status	_____	_____
Intimacy/Openness	_____	_____
Joy	_____	_____
Being a Leader	_____	_____
Loyalty	_____	_____
Personal Development	_____	_____
Mastery of XXX	_____	_____
Orderliness/accuracy	_____	_____
Being in Nature	_____	_____
Partnership	_____	_____
Power to Decide	_____	_____
Solitude	_____	_____
Recognition	_____	_____
Time for Romance/Love	_____	_____
Security/Stability	_____	_____
Self-Expression	_____	_____
Service/Contribution	_____	_____
Spirituality	_____	_____
Trust	_____	_____
Vitality/Wellness	_____	_____

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