

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 1 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.

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		
Honesty/Integrity		
Health/Wellness		
Humor		
Intellectual Status		
Intimacy/Openness		
Joy		

VALUE

RANK

How am I Living this Value

Being a Leader

Learning

Loyalty

Personal Development

Mastery of Something

Orderliness/Accuracy

Being in Nature

Partnership

Power to Decide

Solitude

Recognition

Time for Romance

Security/Stability

Self-Expression

Service/Contribution

Spirituality

Trust

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