

clarifying your personal values



Step 1: developing a short list

Create a list of your most important 25 values, without trying to order them at all. Do this by circling 25 of the values below that most call to you, or write in other values not on the list.

- | | | | |
|--------------------------|-----------------------------|----------------------------|--------------------------|
| Abundance | Experimentation | Intellectual status | Quiet times |
| Acceptance of diversity | Expertise | Intelligence | Recognition |
| Activism | Fashion | Kindness | Relationship with spouse |
| Advancement | Fairness and social justice | Knowing your values | Reliability |
| Adventure | Family | Knowledge | Respect |
| Aesthetics | Feminism | Laughter | Results |
| Ambition | Financial Security | Leadership | Risk taking |
| Animal rights | Flexibility | Learning | Security |
| Art | Forgiveness | Leisure | Self-control |
| Attention to detail | Frankness | Literature | Self-respect |
| Authenticity | Freedom of choice | Living your dreams | Sensuality |
| Balance | Friendship | Love for myself | Smiling at strangers |
| Beauty | Fun | Love for others | Spiritual enlightenment |
| Being kind to neighbours | Trust | Making a difference | Spirituality |
| Calmness | Generosity | Making decisions | Spontaneity |
| Challenge | Global awareness | Massive wealth | Stability |
| Challenging myself | Global Peace | Moral fulfilment | Standing up for yourself |
| Change and Variety | Growth | Music | Story telling |
| Charity | Happiness/positive attitude | Natural living | Style |
| Clarity | Harmony | Nature | Sunlight |
| Classical thinking | Having a say and a voice | Open communication | Support |
| Collaboration | Having dreams | Opening myself to love | Supportive friendship |
| Colour | Health | Optimism | Taking care of myself |
| Community | Help Others | Passion | Taking responsibility |
| Compassion | Help society | Patriotism | Taking risks |
| Competence | Honesty | Persistence | The big picture |
| Competition | Honour | Personal expression | Thinking time |
| Country values | Humour | Personal growth | Tidiness |
| Courage | Imagination and creativity | Perspective | Time Freedom |
| Creativity | Independence | Physical challenge | Tolerance |
| Cultural diversity | Influence People | Play | Tranquillity |
| Curiosity | Inner harmony | Pleasure | Trust |
| Decisiveness | Innovation | Positive attitude | Trustworthiness |
| Democracy | Inspiring others | Positiveness | Understanding |
| Emotional availability | Integrity | Power and authority | Wonder and awe |
| Empathy | | Precision | Worker's rights |
| Equality for all people | | Professionalism | Workmanship |
| Excitement | | Protecting the environment | |
| | | Quality of Life | |

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My main 25 values are::

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____
- 16. _____
- 17. _____
- 18. _____
- 19. _____
- 20. _____
- 21. _____
- 22. _____
- 23. _____
- 24. _____
- 25. _____

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Step 2: Clarifying your 6 key values.

Uncover your six key values by following these steps:

1. Group common values together
2. Take out those values that are obviously not as significant for you
3. Decide by process of elimination which values are your 6 key ones

My top 6 values are:

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

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Step 3: Understanding where your values are expressed

Looking at your list of 6 values, list which of these values are expressed in each of these areas of your life

Work:

Home and personal environment:

Intimate relationship:

Family:

Friends/social life:

Step 4: Understanding where your values are not expressed

List which of these values are not expressed in each of these areas of your life

Work:

Home and personal environment:

Intimate relationship:

Family:

Friends/social life:

Step 5: Distinguishing your insights about your values

What do you notice now about these lists about each area?

Work:

Home and personal environment:

Intimate relationship:

Family:

Friends/social life:

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Step 5: Distinguishing your insights about your values

What insight do you have about each area?

Work: _____

Home and personal environment: _____

Intimate Relationship: _____

Family: _____

Friends/social life: _____

Step 6: Understanding the impact of your values in your life

Having key values missing in the main parts of your life is likely to be having an impact on you. What if any, is this impact?

Work: _____

Home and personal environment: _____

Intimate relationship: _____

Family: _____

Friends/social life: _____

Step 7: Bringing your values into all areas of your life

What can you do to bring all your values into all areas of your life?

Work: _____

Home and personal environment: _____

Intimate relationship: _____

Family: _____

Friends/social life: _____