

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

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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:

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:
