

Values Clarification Exercise

Instructions:

1. Review the list of values below and circle the ones that best represent what is *most important* to you (i.e., how you want to live; what you want to stand for in life). Write in your own if needed in the spaces provided.
2. See if you can narrow down the list to your most important 6-8 core values. If necessary, compare values head-to-head and consider which one would "win" most often for you.
3. On the following page, rank order your values as best you can starting with the most important value. Then write a behavioral description (1-2 sentences) of what it would look like for you to live in alignment with each value.

Acceptance	Excitement	Intelligence	Respect
Achievement	Fairness	Intimacy	Responsibility
Adventure	Fame	Justice	Safety
Assertiveness	Family	Kindness	Self-Acceptance
Authenticity	Fitness	Knowledge	Self-Control
Balance	Flexibility	Learning	Sensuality
Beauty	Forgiveness	Love	Service
Belonging	Freedom	Making a Difference	Sexuality
Challenge	Friendship	Mastery	Solitude
Comfort	Fun	Mindfulness	Spirituality
Commitment	Generosity	Openness	Stability
Community	Gratitude	Order	Strength
Compassion	Growth	Passion	Tolerance
Contribution	Hard Work	Patience	Trust
Courage	Harmony	Peace	Truth
Creativity	Hope	Persistence	Virtue
Cultural Heritage	Honesty	Pleasure	Wealth
Curiosity	Health	Power	Wisdom
Discipline	Humor	Protection	_____
Engagement	Independence	Quiet	_____
Environmentalism	Integrity	Relationships	_____

Value

Behavioral Description