

Values Clarification Worksheet

Below is a list of values. Circle ten that are most important to you. If you don't see an important value on this list, add it. Give yourself time to really explore and think about these.

achievement	fun	leadership	simplicity
acceptance	generosity	learning	spirituality
adventure	God	leaving a legacy	strength
aging well	growth	leisure	success
beauty	happiness	life partner	support
brotherhood	harmony	love	surrender
charity	health	making a difference	time alone
comfort	honesty	parenting	transformation
community	honor	patriotism	travel
courage	humility	peace	using my talents
creativity	independence	physical activity	wisdom
democracy	individuality	power	
dignity	influence	respect	
discovery	inner peace	responsibility	
diversity	integrity	retirement	
education	intimacy	security	
family	joy	self-esteem	
freedom	justice	self-discipline	
friendship	kindness	service	

Next

Cross out five that you circled and rank the five that remain in order of importance.

Now that you know what values are most important to you, from this point on, before making any decisions, before saying YES or NO to anything, ask yourself this question. Will this get me closer, or take me farther, from living my values?