

Values Clarification

1. Circle the 10 values below that are most important to you. If you don't see a value on this list, you can add your own. You may find that some words have similar meanings for you and if you reflect further, that one of the words embodies the qualities of the others. Check in with yourself, which feels best? Choose the one that most accurately represents the essence of that value for you.

Acceptance	Creativity	Independence	Retirement
Achievement	Determination	Individuality	Security
Adventure	Dignity	Inner Peace	Self-discipline
Appreciation	Discovery	Integrity	Self-esteem
Assertiveness	Diversity	Intimacy	Self-respect
Authenticity	Education	Investment	Service
Balance	Enthusiasm	Joy	Simplicity
Beauty	Environment	Kindness	Spirituality
Being unique	Equality	Knowledge	Strength
Being valued	Expansion	Leadership	Success
Belonging	Faith	Learning	Support
Calm	Family	Leaving a legacy	Time alone
Challenge	Fitness and exercise	Listening	Time outside
Change	Freedom	Love	Tolerance
Charity	Friendship	Making a difference	Transformation
Children	Fun	Parenting	Travel
Collaboration	Generosity	Peace	Understanding
Comfort	Growth	Positivity	Using my gifts
Communication	Happiness	Power	Vitality
Community	Health	Purpose	Willingness
Connection	Helping Others	Relaxation	Wisdom
Contribution	Home	Respect	
Courage	Honesty	Responsibility	

2. Highlight your top 5 and write them out in order of importance:

My Values

- 1.
- 2.
- 3.
- 4.
- 5.



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