

Clarify Your Values

ACHIEVEMENT	opportunity to excel and produce significant results
BALANCE	blending work and life
CONCENSUS	making decisions everyone can live with
COMPETENCE	being capable and effective
CREATIVITY	finding new ways to do things
EXCELLENCE	having high quality standards
FAMILY	taking care of and spending time with loved ones
FAIRNESS	respecting the rights of others
GROWTH	continuous learning; self-awareness
HEALTH	physical wellness and strength
INDEPENDENCE	free to work on one's own
INTEGRITY	acting in accordance with one's beliefs
OPENNESS	open dialogue; free exchange of ideas
PEACE	free of conflict
POWER	having a sense of control
SPIRITUALITY	relationship to a higher purpose
SELF EXPRESSION	willing and able to share ideas and opinions
STABILITY	predictable; structured; safe
TEAMWORK	working in co-operation with others toward a common goal
TRADITION	respect for the way things have always been done
VARIETY	frequent changes; new challenges
WEALTH	financially comfortable; flourishing

Instructions:

1. On the list of 22 values, remove the 11 values that are the least important to you.
2. With the remaining 11 values, remove the 6 values that are the least important to you.
3. With the remaining 5 values, select the two that are the least important to you and rank them 4th and 5th.
4. With the remaining 3 values, rank them in order of importance, 1st, 2nd and 3rd.
5. Use your top 3 values as a magnifying glass to examine your life, particularly your stressful or unhappy areas.
6. Use your top 5 values as a guide when making future decisions.
7. Revisit this exercise as you move through various stages of your life. You may find that your values change.