

CLARIFY PERSONAL VALUES

Please follow the steps below, one at a time, in the order they appear:

Achievement	Advancement	Adventure
Affiliation	Appearance	Authority
Balance	Belonging	Challenge
Community	Competence	Competition
Consensus	Consistency	Courage
Creativity	Dependability	Diplomacy
Efficiency	Excellence	Expertise
Family	Fairness	Forgiveness
Friendship	Health	Helping
Honesty	Independence	Integrity
Intimacy	Knowledge	Leisure
Loyalty	Openness	Orderliness
Peace	Perseverance	Personal Growth
Play	Power	Privacy
Prosperity	Respect	Risk
Security	Self-Acceptance	Self-Discipline
Self-Expression	Spiritual Growth	Status
Teamwork	Tradition	Wisdom

1. Substitute any word on the list with a value that is important to you that is missing from the list.
 2. Of the list of 54 values, put a line through the 20 values that are the least important to you.
 3. With the remaining 34 values, put a line through the 10 values that are the least important to you.
 4. With the remaining 24 values, put a line through the 10 values that are the least important to you.
 5. With the remaining 14 values, put a line through the 10 values that are the least important to you.
 6. With the remaining 4 values, rank them in order of importance, 1st, 2nd, 3rd and 4th.
- Use these top values as a magnifying glass to examine your life, particularly stressful or unhappy areas.
 - Use these top values as a guide when making future decisions.
 - Revisit this exercise as you move through various stages of your life. You may find that your values change.

© 2024 Athena Executive Education Inc.

