Values Exercise

Clarifying your values for this stage of your life and career can aid you in shaping your vision and purpose. In this stage of life or transition, what values are most important to you? Choose by marking 10 values that your feel are most important, then go back and rank them, 1 through 10. If you hold a value that you don’t see listed here, then please write it in, then rank it with the others.

humor directness partnership productivity

service contribution excellence free spirit

health focus romance recognition

harmony honesty orderliness accomplishment

leadership success accuracy adventure

zest unpretentious tradition to be well known

growth learning aesthetics participation

performance collaboration community personal power

freedom connectedness lightness spirituality

comradeship acknowledgment empowerment self expression

integrity creativity independence justice

empowerment nurturing joy beauty

authenticity risk-taking peace education

vitality trust equality elegance

courage honor friendship love

listening teamwork inspiration compassion

ambition confidence compromise respect

vision unity devotion financial security

Excitement Something bigger self-acceptance Discipline

List them in priority order:

|  |  |
| --- | --- |
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |