

Values Clarification Exercise

Name _____

Date _____

Clarifying your values are critical to help you shape your personal and professional development.

Thinking about “where you are” ... what values are the most important to you? What are the values you must honor to be true to this current stage and desired stage of your personal and professional career? Remember, values are seasonal!

First, choose the 10-15 values from the following list that you feel are the most important to you and circle them

Second, identify the top 3-4 values for you, based on the 10-15 you circled and fill in the following blanks.

Accuracy	Beauty	Connectedness	Excitement	Harmony	Intellect
Agreement	Caring	Contribution	Family happiness	Health	Joy
Acknowledgement	Challenge	Creativity	Focus	Help others	Knowledge
Advancement	Change	Directness	Freedom	Help society	Leadership
Adventure	Collaboration	Economic security	Free spirit	Honesty	Leisure
Affection	Communication	Elegance	Free time	Humor	Loyalty
Authenticity	Community	Empowerment	Friendship	Independence	Nurturing
Autonomy	Competition	Excellence	Growth	Integrity	Orderliness
Participation	Personal Power	Productivity	Risk taking	Service	Success
Peace	Pleasure	Recognition	Romance	Spirituality	Tradition
Performance	Precision	Responsibility	Self-expression	Stability	Trust
Wealth	Wisdom	Zest	Future	Education	Fill in your own