

My Values Exercise



Instructions:

Begin by reading over the list of values on the next page. Then identify if the value is like you or not like you. Cross off those values that are not like you. Now go back and circle your top 15 values. These values are both accumulated and core. Accumulated values sometimes referred to as secondary values are probably not as deeply held. You may hold these values due to the type of work you do, the influence of your family of origin, or your life situation. Core values are beliefs or organizing principles that gives your life meaning and shape your relationship to the external world around us. Review your 15 values and discern which are core for you.

Values

Adventure	Honesty
Autonomy	Independence
Challenges	Integrity
Change	Leadership
Community	Loyalty
Competence	Meaningful Work
Competition	Money
Cooperation	Order
Creativity	Philanthropy
Decisiveness	Play
Diversity	Pleasure
Education	Power
Environment	Privacy
Ethics	Recognition
Excellence	Relationships
Excitement	Religion
Fairness	Safety
Fame	Security
Family	Service
Flexibility	Spirituality
Freedom	Stability
Friendship	Status
Happiness	Wealth
Health	Work
Helping Others	

My TOP 15 Values

Values

(List your accumulated and core values)

My CORE VALUES

(Arrange your core values in order of importance to you.)