

Checklist for Personal Values

This exercise is designed to help you reach a better understanding of your most significant values. There is no right or wrong so whatever you come up with is what's right for you, right now. Do this exercise quickly and answer with your gut, not your head.

Step 1: What I Value Most...

From this list of values (both work and personal), select the ten that are most important to you, as guides for how to behave, or as components of a valued way of life. Feel free to add any values of your own to this list.

Achievement	Friendships	Physical challenge
Advancement and promotion		Growth
Pleasure	Adventure	Having a family
Affection (love and caring)		Helping other people
Privacy	Arts	Helping society
Public service	Challenging problems	Honesty
Change and variety	Independence	Quality of what I take part in
Close relationships	Influencing others	Quality relationships
Community	Inner harmony	Recognition (respect from others/status)
Competence	Integrity	Religion
Competition	Intellectual status	Reputation
Cooperation	Involvement	Responsibility and accountability
Country	Job tranquility	Security
Creativity	Knowledge	Self-respect
Decisiveness	Leadership	Serenity
Democracy	Location	Sophistication
Ecological awareness	Loyalty	Stability
Economic security	Market position	Status
Effectiveness	Meaningful work	Supervising others
Efficiency	Merit	Time freedom
Ethical practice	Money	Truth
Excellence	Nature	Wealth
Excitement	Being around people who are open and honest	
Wisdom	Fame	Order (tranquility, stability, conformity)
Work under pressure	Fast living	Personal development
Work with others	Financial gain	Freedom
Working alone	Power and authority	Purity

Step 2: Elimination

Now that you have identified ten, imagine that you are only permitted to have five values. Which five would you give up? Cross them off.

Now imagine that you are only permitted four. Which would you give up? Cross it off.

Now cross off another, to bring your list down to three. And another to bring your list down to two.

Finally cross off one of your last two values.

The one value left from the list is the one that is the most important to you.