

Values Clarification

Your values are the ideals or beliefs which you deem important to you in your life; ideals you typically want to live by and live for. They are the seemingly invisible reasons behind many of your actions and decisions. Values Clarification will not tell you what your values "should" be, the exercise simply provides the means to discover what your values are.

The purpose of clarifying your values is for you to become fully conscious of the values you hold dear and the values which are showing up in your life at this time. You can make better choices and have a more balanced life when you know which values you place a priority on and honor them.

Values may change over time in response to changing life experiences. Recognizing these changes and understanding how they affect your actions and behaviors is another goal of the values clarification process.

On the following page:

1. In the X columns, check the ten qualities/values that you are most strongly committed to in your life. Feel free to change the words or create additional values as needed. (Ten qualities/values total, not ten per column.)
2. In column A, prioritize the ten values you have checked with 1 being the highest, or most important to you.
3. In column B, rank the top ten values that are currently showing up in your life. They may or may not be values you selected in column A. It may also be helpful to do column B in a different color.

Values Clarification

X	Value	A	B	X	Value	A	B
	Accomplishment/Results				Learning		
	Achievement				Listening		
	Adventure				Love		
	Aesthetics/Beauty				Loyalty		
	Altruism				Mastery/excellence		
	Ambition				Nature		
	Appreciation				Openness		
	Autonomy				Opportunity		
	Awareness/consciousness				Optimism		
	Balance				Orderliness/accuracy		
	Caring				Patience		
	Celebration				Partnership		
	Choice				Peace		
	Civility				Perseverance		
	Clarity				Persistence		
	Commitment				Personal growth/learning		
	Community				Possibility		
	Compassion				Power		
	Completion				Prestige		
	Connection				Privacy		
	Contribution				Process		
	Cooperation				Prosperity		
	Courage				Recognition/acknowledgement		
	Courtesy				Respect		
	Creativity				Responsibility		
	Dependability				Reverence		
	Effort				Risk-taking		
	Empathy				Romance		
	Environment				Sacrifice		
	Ethics				Safety		
	Faith				Security		
	Forgiveness				Self-discipline		
	Freedom				Self-expression		
	Friendship				Self-sufficiency		
	Fun				Sensuality		
	Grace				Serenity		
	Gratitude				Service		
	Happiness				Sharing		
	Honesty				Simplicity		
	Honor				Solidarity		
	Hope				Solitude		
	Humility				Spirituality		
	Humor				Tolerance		
	Independence				Trust		
	Initiative				Understanding		
	Integrity				Unity		
	Intention				Vitality		
	Intimacy				Wholeness		
	Joy				Wisdom		
	Leadership						