

Personal Values

Values are deeply held views of what we believe are important in life. Our values develop and evolve as new situations and life stages occur in our lives. It's important to identify your values in order to make decisions and take actions in line with your values. Being clear on your values helps you to focus your time and energy. Make sure the goals you go after are in line with your values.

From the list of values below, circle the ten that are most important to you as guides for how to behave or as elements of a life that works for you.

Achievement	Happiness	Pleasure
Adaptability/Flexibility	Health	Power
Advancement	Helping Others	Prestige/Status
Adventure	Honesty/Truth	Privacy
Affection	Honor	
Alone Time		Quality of work
Authority	Influencing Others	Quality relationships
	Integrity	
Beauty	Intimate relationship	Reputation/Image
	Intellectual Challenge	Responsibility
Career	Involvement	
Change/Variety		Self-respect
Comfort	Job Security	Self-sufficiency
Community	Justice	Service
Competence		Simplicity
Control	Kindness	Social responsibility
Cooperation		Sophistication
Creativity	Leadership	Spirituality
	Lifelong learning	Stability
Decisiveness	Leisure time	Strength
Duty	Life partner	
	Love	Teamwork
Ecological Awareness	Loyalty	Time in nature
Education		Tranquility/serenity
Effectiveness	Meaningful Work	Truth
Ethics	Merit/Recognition	
Excellence	Money	Wisdom
Excitement		Working alone
	Optimism	
Faith	Order/Predictability	Other:
Fame		_____
Family	Patriotism	
Financial Achievement	Personal Development	_____
Fitness	Physical Activity	
Freedom/Independence	Physical Challenge	_____
Friendships		