ACTIVITY: ASSESSING YOUR VALUES

The following is a list of values. To help you identify your values, **circle the ten words** that are most important to you.

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| Accomplishment | Excellence | Predictability |
| Adventure | Exploring | Purpose |
| Artistic expression | Fairness | Recognition |
| Authority | Family | Respect |
| Balance | Friendship | Responsibility |
| Belonging | Fun | Risk-taking |
| Challenge | Health | Security |
| Community | Helping | Service |
| Competence | High earnings | Solitude |
| Competition | Humor | Spirituality/Faith |
| Contributing | Independence | Stability |
| Control | Influence | Status |
| Cooperation | Integrity | Structure |
| Creativity | Knowledge | Success |
| Curiosity | Leadership | Surroundings |
| Diversity | Learning | Teamwork |
| Duty/Obligation | Loyalty | Time freedom |
| Effectiveness | Nature | Trust |
| Excitement | Power | Variety |

On a separate piece of paper, rank your top ten values in order of importance to you. Remember, the values you choose should reflect your true feelings, not what you think *should* be important. Once you have compiled your list, write two or three sentences about each value -- what it means to you and how it might be expressed in your work life.