



# Your Values

**Directions:** Take a moment to review this values list and think about what really matters to you. What things are core to who you are and that you would never change. These can encompass things such as physical health, dedication to helping others, building strong communities, and how you treat and connect with other people. Values can also pertain to your faith, family and other groups that help define you as a person. Take a moment to write down five values that guide your life.

Personal Values Checklist		
<ul style="list-style-type: none"> <li>▪ Achievement</li> <li>▪ Advancement and promotion</li> <li>▪ Adventure</li> <li>▪ Arts</li> <li>▪ Autonomy</li> <li>▪ Challenge</li> <li>▪ Change and variety</li> <li>▪ Community</li> <li>▪ Compassion</li> <li>▪ Competence</li> <li>▪ Competition</li> <li>▪ Cooperation</li> <li>▪ Creativity</li> <li>▪ Decisiveness</li> <li>▪ Democracy</li> <li>▪ Economic security</li> <li>▪ Environmental stewardship</li> <li>▪ Effectiveness</li> <li>▪ Efficiency</li> <li>▪ Ethical living</li> <li>▪ Excellence</li> <li>▪ Expertise</li> <li>▪ Fame</li> <li>▪ Fast living</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fast-paced work</li> <li>▪ Financial gain</li> <li>▪ Freedom</li> <li>▪ Friendships</li> <li>▪ Having a family</li> <li>▪ Health</li> <li>▪ Helping other people</li> <li>▪ Honesty</li> <li>▪ Independence</li> <li>▪ Influencing others</li> <li>▪ Inner harmony</li> <li>▪ Integrity</li> <li>▪ Intellectual status</li> <li>▪ Leadership</li> <li>▪ Location</li> <li>▪ Love</li> <li>▪ Loyalty</li> <li>▪ Meaningful work</li> <li>▪ Money</li> <li>▪ Nature</li> <li>▪ Openness and honesty</li> <li>▪ Order (tranquility/stability)</li> <li>▪ Peace</li> <li>▪ Personal development/learning</li> </ul>	<ul style="list-style-type: none"> <li>▪ Pleasure</li> <li>▪ Power and authority</li> <li>▪ Privacy</li> <li>▪ Public service</li> <li>▪ Recognition</li> <li>▪ Relationships</li> <li>▪ Religion</li> <li>▪ Reputation</li> <li>▪ Security</li> <li>▪ Self-respect</li> <li>▪ Serenity</li> <li>▪ Sophistication</li> <li>▪ Spirituality</li> <li>▪ Stability</li> <li>▪ Status</li> <li>▪ Time away from work</li> <li>▪ Trust</li> <li>▪ Truth</li> <li>▪ Volunteering</li> <li>▪ Wealth</li> <li>▪ Wisdom</li> <li>▪ Work quality</li> <li>▪ Work under pressure</li> <li>▪ Other: _____</li> </ul>

Defining Your Values	
<b>1.</b>	
<b>2.</b>	
<b>3.</b>	
<b>4.</b>	
<b>5.</b>	