

Clarifying Your Personal Values

Clarifying Your Personal Values:

Below are 33 words or phrases, which represent beliefs, values and / or guiding principles. Put an “x” in the boxes which best describes your personal view on the value.

	Not Important	Neutral	Important	Very Important
Achievement (accomplishment)				
Ambitious (hard working, aspiring)				
Capable (competent, effective)				
Cheerful (light-hearted, joyful)				
Courageous (risk taker)				
Contribution (making a difference)				
Creative (innovative, daring, unique)				
Discipline (persistent, effective, professional)				
Exciting life (stimulating, active adventurous life)				
Equality (fairness, equal opportunity for all)				
Family Life (quality relationships with family)				
Freedom (independence, free choice, autonomy)				
Happiness (contentedness)				
Health (free from illness)				
Inner harmony (freedom of inner conflict, at peace)				
Integrity (honest, sincere, truthful)				
Independent (self-reliant, self-sufficient)				
Intellectual (intelligent, reflective)				
Logical (consistent, rational)				
Loving (affectionate, tender)				
Loyalty (dutiful, respectful, commitment)				
Openness (broadminded, good communication)				
Personal development (growth, realizing potential)				
Pleasure (an enjoyable, leisurely life)				
Power (influence, control over others)				
Responsible (dependable, reliable, accountable)				
Wealth (prosperous, material rewards)				
Security (safety, guaranteed income)				
Spirituality (beliefs)				
Self-respect (self- esteem, belief in oneself)				
Social recognition (respect, admiration)				
True friendship (close companionship, intimacy)				
Wisdom (a mature understanding of life)				

Based on work by Rokeach.

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My list of top values are (max 10)...

(Option: In the boxes provided below, write your top 10 values in your own words and / or add anything you feel is missing for you.)

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.

Each of the grids below compares one personal value against another; circle the one that you would prioritize as higher.

1	2																
1	3	2	3														
1	4	2	4	3	4												
1	5	2	5	3	5	4	5										
1	6	2	6	3	6	4	6	5	6								
1	7	2	7	3	7	4	7	5	7	6	7						
1	8	2	8	3	8	4	8	5	8	6	8	7	8				
1	9	2	9	3	9	4	9	5	9	6	9	7	9	8	9		
1	10	2	10	3	10	4	10	5	10	6	10	7	10	8	10	9	10

Record how many times each Number (Value) was circled:

1	2	3	4	5	6	7	8	9	10

Record your top 3 to 4 Personal Values:

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What I have to do to bring my top 3 to 4 values to life is...

I experience...	Anytime I (past or future)

Note: You have our permission to print and pass along to others.