



## DETERMINING YOUR VALUES

Look at the list of values below. Highlight the values most important to you. Circle the values that are generally important. Put a line through the values that have minimal importance to you.

- |                     |                        |                |                 |
|---------------------|------------------------|----------------|-----------------|
| Accountability      | Compassion             | Discretion     | Fidelity        |
| Accuracy            | Competitiveness        | Diversity      | Fitness         |
| Achievement         | Consistency            | Dynamism       | Focus           |
| Adventure           | Contentment            | Economy        | Freedom         |
| Altruism            | Continuous Improvement | Effectiveness  | Fun             |
| Ambition            | Contribution           | Efficiency     | Generosity      |
| Assertiveness       | Control                | Elegance       | Goodness        |
| Balance             | Cooperation            | Empathy        | Grace           |
| Being the best      | Correctness            | Enjoyment      | Growth          |
| Belonging           | Courtesy               | Enthusiasm     | Happiness       |
| Boldness            | Creativity             | Equality       | Hard Work       |
| Calmness            | Curiosity              | Excellence     | Health          |
| Carefulness         | Decisiveness           | Excitement     | Helping Society |
| Challenge           | Dependability          | Expertise      | Honesty         |
| Cheerfulness        | Determination          | Exploration    | Honor           |
| Clear-mindedness    | Devoutness             | Expressiveness | Humility        |
| Commitment          | Diligence              | Fairness       | Independence    |
| Community           | Discipline             | Faith          | Ingenuity       |
| Inner Harmony       | Order                  | Self-control   | Temperance      |
| Inquisitiveness     | Originality            | Selflessness   | Thankfulness    |
| Insightfulness      | Patriotism             | Self-reliance  | Thoroughness    |
| Intelligence        | Perfection             | Sensitivity    | Thoughtfulness  |
| Intellectual Status | Piety                  | Serenity       | Timeliness      |
| Intuition           | Positivity             | Service        | Tolerance       |
| Joy                 | Practicality           | Shrewdness     | Traditionalism  |
| Justice             | Preparedness           | Simplicity     | Trustworthiness |
| Kindness            | Professionalism        | Soundness      | Truth-seeking   |
| Leadership          | Prudence               | Speed          | Understanding   |
| Legacy              | Quality-orientation    | Spontaneity    | Uniqueness      |
| Love                | Reliability            | Stability      | Unity           |
| Loyalty             | Resourcefulness        | Strategic      | Usefulness      |
| Making a difference | Restraint              | Strength       | Vision          |
| Mastery             | Results-oriented       | Structure      | Vitality        |
| Merit               | Rigor                  | Success        | Zest            |
| Obedience           | Security               | Support        |                 |
| Openness            | Self-actualization     | Teamwork       |                 |

At the end of the exercise, your goal is to have 10 values identified as most important to you. Put these 10 values in order, starting from your most important value in #1.