

Values Assessment

- Achievement
- Advancement and Promotion
- Adventure
- Affection (love and caring)
- Arts
- Being Challenged
- Calm, Tranquility, Peace
- Challenging Others
- Challenging Problems
- Change and Variety
- Cleanliness, Orderliness
- Close Relationships
- Commitment
- Communication
- Community
- Competence
- Competition
- Concern for others
- Contentment
- Continued Learning
- Cooperation
- Country
- Creativity, creative expression
- Decisiveness
- Democracy
- Detailed Work
- Development
- Different Opinions
- Discipline (self and others)
- Ecological Awareness
- Economic Security
- Effectiveness
- Efficiency
- Equality
- Ethical Practice
- Excellence
- Excitement
- Expertise
- Faith
- Fame
- Family
- Fast Living
- Feeling appreciated
- Following Rules, guidelines
- Freedom
- Financial Gain
- Friendships
- Growth
- Hard Work
- Harmony
- Having a Family
- Honesty
- Honour
- Independence
- Inner Harmony
- Innovation
- Integrity
- Intellectual Status
- Influencing Others
- Involvement
- Job Tranquility
- Knowledge
- Leadership
- Living to fullest potential
- Location
- Love, Romance
- Loyalty
- Making mistakes (being able to)
- Market Position
- Maximum utilization (of time, resources)
- Meaningful Work
- Merit
- Money
- Nature
- Openness
- Order (tranquility, stability, conformity)
- Perfection
- Personal Development and Growth
- Physical Challenge
- Planning
- Playing Safe
- Pleasure
- Positive Attitude
- Power and Authority
- Practicality
- Precision Work
- Predictability
- Privacy
- Problem Solving
- Progress
- Public Service (contact)
- Purity
- Quality (of what I take part in)
- Quality (of what I do)
- Quality Relationships
- Questioning Authority (being able to)
- Recognition
- Respect
- Religion
- Reputation
- Resourcefulness
- Responsibility and Accountability
- Reward for Effort
- Risk Taking
- Security
- Self Respect
- Serenity
- Service (to others, society)
- Simplicity
- Sophistication
- Spiritual Life
- Stability
- Status
- Strength
- Success
- Supervising Others
- Teamwork
- Time – Freedom
- Tolerance
- Tradition
- Trust
- Truth
- Wealth
- Wisdom
- Work
- Work under pressure
- Work with others
- Working alone

This exercise is designed to help you reach a better understanding of your most significant values.

Step 1: What I value most....

From the list of values (both work and personal) on the Values Assessment sheet, select the twelve (12) values that are most important to you as guides for how to behave or as a component of a valued way of life.

Feel free to change the wording of the values listed or add values of your own to the list, as these are your values.

Step 2: Elimination....

Now that you have identified twelve (12) values, imagine you are only permitted six (6). Which six (6) values would you give up? Cross them off.

Now you can only have three (3) values. Cross off three (3) more.

With these last three (3) values, put them in order of first to third and number them from 1 to 3.

Number one (1) is your highest value.

Take the last six (6) values and transfer them to your Values Analysis sheet.

On your Values Analysis sheet, note down examples of how you demonstrate these six (6) values in your life.