

VALUES SORT EXERCISE

All of the following values are worthwhile. Put a check mark next to the TEN most important to you. You may write in other values if your top values are not on this list. After checking off your top TEN choices, circle FIVE that are most important to you.

- ACHIEVEMENT (sense of accomplishment by means of skills, practice, perseverance, or exertion)
- ADVANCEMENT (Moving forward in your career through promotions)
- ADVENTURE (work which frequently involves risk taking)
- AESTHETICS (involved in studying or appreciating the beauty of ideas, things, etc.)
- AUTONOMY (working independently, determine the nature of your work without significant direction from others)
- CARING (love, affection)
- CHALLENGE (stimulates full use of your potential)
- CHANGE & VARIETY (varied, frequently changing work responsibilities and/or work settings)
- COMPETITION (Pit your abilities against others where there is clear win/lose outcomes)
- COOPERATION (opportunity to work as a team toward common goals)
- CREATIVITY (being imaginative, innovative)
- ECONOMIC SECURITY (having enough money)
- EXCITEMENT (experience a high degree of, or frequent excitement in your work)
- FAMILY HAPPINESS (being able to spend quality time and develop relationships with family)
- FRIENDSHIP (develop close personal relationships)
- HEALTH (Physical and psychological wellbeing)
- HELP OTHERS (be involved in helping people in a direct way, individually or in a group.)
- HELP SOCIETY (do something to contribute to the betterment of the world)
- INNER HARMONY (being at peace with oneself)
- INTEGRITY (sincerity and honesty)
- INTELLECTUAL STATUS (Be regarded as an expert in your field)
- KNOWLEDGE (understanding gained through study and experience)
- LEADERSHIP (influence over others)
- LEISURE (have time for hobbies, sports, activities and interests)
- LOCATION (place conducive to your lifestyle and allows you to do the things you enjoy most)
- LOYALTY (steadfastness and allegiance)
- PLEASURE (enjoyment)
- POWER (authority)
- PRECISION (work in situations where there is little tolerance for error)
- RESPONSIBILITY (being accountable for results)
- RECOGNITION (getting acknowledged for your contribution)
- STABILITY (Work routine and duties that are largely predictable, not likely to change over a long period of time)
- SPIRITUALITY
- TIME FREEDOM (Work according to your own time schedule, no specific work hours required)
- WEALTH (Profit, gain, making a lot of money)
- WISDOM (understanding based on accumulation of knowledge)

1. Did you already have a clear grasp of your values, or did you discover something in the process of this exercise?

2. How did you arrive at your choices?

3. Why are these values important to you?