

Values Clarification

Your values are the beliefs that define what is most important to you—they act as guides for behaviors and decision making. In a values clarification exercise you can learn to better understand and further define your own values. This tool can allow you to better recognize what areas need more attention in your life, and what to prioritize in your future.

Select the 10 most important items from the following list. Rank them from most important (1) to 10th most important (10).

- | | |
|--------------------|------------------|
| ___ Love | ___ Honesty |
| ___ Wealth | ___ Humor |
| ___ Family | ___ Loyalty |
| ___ Morals | ___ Reason |
| ___ Success | ___ Independence |
| ___ Knowledge | ___ Achievement |
| ___ Power | ___ Beauty |
| ___ Friends | ___ Spirituality |
| ___ Free Time | ___ Respect |
| ___ Adventure | ___ Peace |
| ___ Variety | ___ Stability |
| ___ Calmness | ___ Wisdom |
| ___ Freedom | ___ Fairness |
| ___ Fun | ___ Creativity |
| ___ Recognition | ___ Relaxation |
| ___ Nature | ___ Safety |
| ___ Popularity | ___ _____ |
| ___ Responsibility | ___ _____ |