Values

Step 1: Values are the deeply held views of what we find meaningful. Review the following list and choose the *seven* values that are most important to you. Feel free to add to the list in the blank space provided if needed.

Achievement	Flexibility	Public service
Advancement and promotion	Freedom	Purity
Adventure	Growth and learning	Recognition
Affection (love and caring)	Harmony	Religion
Arts	Having a family	Research
Balance	Helping others	Responsibility and accountability
Challenging problems	High-quality relationships	Risk-taking
Change and variety	Honesty	Security and stability
Close relationships	Independence	Self-respect
Comfort	Influencing others	Serenity
Community	Integrity	Sophistication
Competence	Involvement	Spirituality
Competition	Job tranquility	Spontaneity
Creativity	Joy	Status
Decisiveness	Knowledge	Structure
Democracy	Leadership	Supervising others
Detail work	Loyalty	Support
Ecological awareness	Meaningful work	Success
Effectiveness	Money	Warmth
Efficiency	Nature	Wealth
Empathy	Openness	Wisdom
Ethics	Order	Working with others
Excellence	Personal development	Working with things
Excitement	Physical challenges	Working alone
Expertise	Pleasure	
Fame	Power and authority	
Fast-paced environment	Privacy	

Reduce your list down to three and enter them in the spaces provided below.

1. _____

2. _____

3. _____

Reflect:

- What do these remaining three mean, exactly?

- What are you expecting from yourself, even during the bad times?

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Value:	Value:	Value:
How is this value being honored?	How is this value being honored?	How is this value being honored?
What is an obstacle for this value to be honored?	What is an obstacle for this value to be honored?	What is an obstacle for this value to be honored?
What actions can take place to honor this value?	What actions can take place to honor this value?	What actions can take place to honor this value?
What action can you take to increase this value?	What action can you take to increase this value?	What action can you take to increase this value?