

Values Clarification Activity

Your Values

Place a check below for the top ten values in your life

<input type="checkbox"/> Family Happiness	<input type="checkbox"/> Self-Respect (sense of personal identity, pride)	<input type="checkbox"/> Generosity (helping others, improving society)
<input type="checkbox"/> Competitiveness (winning, taking risks)	<input type="checkbox"/> Recognition (status, recognition from others)	<input type="checkbox"/> Wisdom (discovering and understanding knowledge)
<input type="checkbox"/> Friendship (close relationships with others)	<input type="checkbox"/> Advancement (promotions)	<input type="checkbox"/> Spirituality (strong religious or spiritual beliefs)
<input type="checkbox"/> Affection (love, caring etc)	<input type="checkbox"/> Health	<input type="checkbox"/> Loyalty
<input type="checkbox"/> Cooperation (working well with others, teamwork)	<input type="checkbox"/> Responsibility (being accountable for results)	<input type="checkbox"/> Culture (race or ethnicity identity)
<input type="checkbox"/> Adventure (new challenges)	<input type="checkbox"/> Fame	<input type="checkbox"/> Inner Harmony (being at peace with oneself)
<input type="checkbox"/> Achievement (a sense of accomplishment)	<input type="checkbox"/> Involvement (belonging, being involved with others)	<input type="checkbox"/> Order (stability, conformity, and tranquillity)
<input type="checkbox"/> Wealth (getting rich, making money)	<input type="checkbox"/> Economic Security	<input type="checkbox"/> Creativity (being imaginative, innovative)
<input type="checkbox"/> Economic Serenity	<input type="checkbox"/> Pleasure (fun, laughs, a leisurely lifestyle)	<input type="checkbox"/> Integrity (honesty, sincerity, standing up for oneself)

<input type="checkbox"/> Freedom (independence and autonomy)	<input type="checkbox"/> Power (control, authority, or influence over others)	<input type="checkbox"/> Personal Development (use of personal potential)
<input type="checkbox"/> Your Choice	<input type="checkbox"/> Your Choice	<input type="checkbox"/> Your Choice

Now reduce your list to your top five values.

- 1.
- 2.
- 3.
- 4.
- 5.

Values	Clearly define what each Value means to you.	Obstacle to honoring your values	What choices do you make that give your obstacles strength

Once you have completed this, define the single value that is the most important to you. This doesn't mean the other values are not important just that one value resonates with you more strongly at this moment. This will help you in the next activity.

Values Action Log

Value	Actions you will take to honor your Values	By When?

Because values are such an important part of the way you order your life and make choices, it is essential to continue to look at this area. Values could conceivably be examined in every mentoring call—either to help make a choice or to clarify and reinforce a course of action:

What is the value that would be honored if you did that?

When you honor your values, three things happen:

- You add additional fuel to your motivation and help build steam for right action.
- They undermine the work of the Saboteur because action based on values is more powerful than the Saboteur's reasons for not acting or for taking some other course of action.
- They help bring fulfilling lives and special moments in our lives.