VALUES CLARIFICATION EXERCISE

All of the following values are worthwhile. Please take up to 5 minutes to select your top 10 (check); then, from among your top ten, select your top 5 values (two checks).

___ ACHIEVEMENT (sense of accomplishment by means of skills, practice, perseverance, exertion)
___ ADVANCEMENT (moving forward in your career through promotions)
___ ADVENTURE (work which frequently involves risk taking or travel)
___ AESTHETICS (involved in studying or appreciating the beauty of ideas, things, etc.)
___ AUTONOMY (work independently, determine the nature of your work little 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 (your abilities against others where there is a clear win/lose outcome)
___ COOPERATION (opportunity to work as a team toward common goals)
___ CREATIVITY (being imaginative, innovative, coming up with ideas)
___ 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 well-being)
___ HELP OTHERS (be involved in helping people in a direct way, individually or in a group)
___ HELP SOCIETY (do something to contribute to improve the world)
___ INNER HARMONY (being at peace with oneself)
___ INTEGRITY (sincerity and honesty)
___ INTELLECTUAL STATUS (be regarded as an expert in your field, thought of as smart)
___ KNOWLEDGE (understanding gained through study and experience)
___ LEADERSHIP (influence over others, rather lead than follow)
___ LEISURE (have time for hobbies, sports, activities and interests)
___ LOCATION (live somewhere that fits your lifestyle and allow you to do the things you enjoy most)
___ LOYALTY (steadfastness and allegiance)
___ PLEASURE (enjoyment)
___ POWER (authority, control)
___ 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 life circumstances not likely to change much over a long time period)
___ SPIRITUALITY (reflection on the deeper questions of existence, God, and non-material things)
___ TIME FREEDOM (flexible work schedule, no specific work hours required)
___ WEALTH (profit, gain, make a lot of money)
___ WISDOM (accumulation of knowledge)