

VALUES LIST EXERCISE

Clarifying your values for this stage of your life can aide you in shaping your purpose and vision. In this stage of life or transition what values are most important to you? What are the values you must honor to be true to this chapter of your life?

Choose the 10 – 15 values you feel are most important at this time and group them together in strings.

Next, please identify the 3 values that feel are most important to you in this phase of your life/or in your emerging phase of life. These would be values that would be a great loss for you to not have in your life.

Example: Collaboration/Community/Full self-expression

- | | | |
|--|--|---|
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Free time | <input type="checkbox"/> Performance |
| <input type="checkbox"/> Accuracy | <input type="checkbox"/> Focus | <input type="checkbox"/> Personal power |
| <input type="checkbox"/> Acknowledgment | <input type="checkbox"/> Forward the action | <input type="checkbox"/> Peace |
| <input type="checkbox"/> Advancement | <input type="checkbox"/> Freedom | <input type="checkbox"/> Pleasure |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Friendship | <input type="checkbox"/> Productivity |
| <input type="checkbox"/> Aesthetics | <input type="checkbox"/> Growth | <input type="checkbox"/> Power |
| <input type="checkbox"/> Affection | <input type="checkbox"/> Integrity | <input type="checkbox"/> Precision |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Independence | <input type="checkbox"/> Recognition |
| <input type="checkbox"/> Autonomy | <input type="checkbox"/> Intellectual status | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Health | <input type="checkbox"/> Romance |
| <input type="checkbox"/> Caring | <input type="checkbox"/> Help others | <input type="checkbox"/> Risk-taking |
| <input type="checkbox"/> Challenge | <input type="checkbox"/> Help society | <input type="checkbox"/> Self-expression |
| <input type="checkbox"/> Change | <input type="checkbox"/> Humor | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Contribution | <input type="checkbox"/> Harmony | <input type="checkbox"/> Success |
| <input type="checkbox"/> Collaboration | <input type="checkbox"/> Honesty | <input type="checkbox"/> Service |
| <input type="checkbox"/> Community | <input type="checkbox"/> Joy | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Connectedness | <input type="checkbox"/> Knowledge | <input type="checkbox"/> Time Freedom |
| <input type="checkbox"/> Comradeship | <input type="checkbox"/> Lack of pretense | <input type="checkbox"/> Tradition |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Leadership | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Directness | <input type="checkbox"/> Leisure | <input type="checkbox"/> Vitality |
| <input type="checkbox"/> Economic security | <input type="checkbox"/> Lightness | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Empowerment | <input type="checkbox"/> Location | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Excellence | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Zest |
| <input type="checkbox"/> Excitement | <input type="checkbox"/> Nurturing | <input type="checkbox"/> Add your own _____ |
| <input type="checkbox"/> Elegance | <input type="checkbox"/> Orderliness | |
| <input type="checkbox"/> Family happiness | <input type="checkbox"/> Partnership | |
| <input type="checkbox"/> Free spirit | <input type="checkbox"/> Participation | |