

VALUES REFLECTION EXERCISE

Values are the things we hold most dear. They guide our choices and the way we understand the world. They are often unconscious. If we can become more conscious of what our values are, we can tap into their power more effectively to achieve our goals. We can spot when values that we developed in the past are getting in the way of goals that we have in the present.

What I would like you to do is to think about what matters most to you. I have attached a list to help you, but it may be that what matters to you isn't on the list, so don't be constricted by it.

"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakens."

Carl Jung



Personal Values – A Starting Point for you!

- achievement
- advancement and promotion
- adventure
- affection (love and caring)
- arts
- being professional
- challenging problems
- change and variety
- close relationships
- community
- competence
- competition
- cooperation
- country
- creativity
- decisiveness
- democracy
- ecological awareness
- economic security
- effectiveness
- efficiency
- ethical practice
- excellence
- excitement
- expertise
- fame
- fast living
- fast-paced work
- financial gain
- freedom
- friendships
- growth
- having a family
- helping other people
- helping society
- honesty
- independence
- influencing others
- inner harmony
- integrity
- knowledge
- leadership
- location
- loyalty
- market position
- meaningful work
- merit
- money
- nature
- being around people who are open & honest
- order (tranquillity, stability, conformity)
- personal development (living up to the fullest use of my potential)
- physical challenge
- pleasure
- power and authority
- privacy
- public service
- purity
- quality of what I take part in
- quality of relationships
- recognition (respect from others, status)
- religion
- reputation
- responsibility and accountability
- security
- self-respect
- serenity
- sophistication
- stability
- status
- supervising others
- time freedom
- truth
- wealth
- wisdom
- work under pressure
- work with others
- work alone

Values are like our personal compass – you know instinctively ‘at a gut level’ when you are living in line with your values.



What are your top five values?

1. _____
2. _____
3. _____
4. _____
5. _____

**VALUES CLARIFICATION EXERCISE A
VALUES WORKSHEET**

Rank in Priority Order	Value/Description	Score Level of Satisfaction Scale of 1 to 10 (10= Highest)



**VALUES CLARIFICATION EXERCISE B
STANDARDS AND OBSTACLES WORKSHEET**

Values	Honouring Score	Standard (How is value honoured?)	Obstacle to Honouring Value	Strength of Obstacle Score

**VALUES CLARIFICATION EXERCISE C
VALUES ACTION LOG**

Value	Action to be Taken to Increase Score	By When?
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		

