

Values Clarification....5 Way Test

Your personal value system consists of the inner rules you use to run your life...to make daily life choices. Some values are more important to you than others. Clarifying and prioritizing your values is essential for decision making and conflict resolution. This exercise will help you set priorities among your personal values. Column one: check all values that are important to you. Column two: Narrow list down to 12 items, list them in rank order. Column three: Narrow list down to 5 items in rank order.

ACHIEVEMENT (a sense of accomplishment)			
ADVANCEMENT (to improve, progress, promotions)			
ADVENTURE (new and challenging experiences, excitement)			
AESTHETICS (sensitivity to beauty, artistic expression & environments)			
AFFECTION (love, caring, sensitivity)			
AFFILIATION (participating with others, involvement, belonging)			
COMPENSATION (economic security)			
COMPETITIVENESS (winning, taking risks)			
COOPERATION (working well with others, teamwork)			
CREATIVITY (being imaginative and innovative)			
FAME (being famous or well-known)			
FAMILY HAPPINESS			
FREEDOM (independence, autonomy, spontaneous)			
FRIENDSHIP (intimacy, close relationships with others)			
HEALTH			
INDEPENDENCE (freedom from the control of others)			
INNER-HARMONY (being at peace with oneself)			
INTEGRITY (honesty, sincerity, standing up for beliefs)			
LOYALTY (allegiance, trust, fidelity)			
ORDER (conformity, organization, obedience, stability)			
PERSONAL DEVELOPMENT (use of potential)			
PLEASURE (fun, satisfaction, enjoyment, happiness, humor)			
POWER (control, authority, influence)			
QUALITY (1 st class, excellence, having worth, valuable)			
RECOGNITION (respect from others, status)			
RELIGION (strong spiritual beliefs, a closeness with God)			
RESPONSIBILITY (accountable for results, mature, trustworthy)			
SECURITY (freedom from worry and uncertainty)			
SELF-RESPECT (pride, sense of personal identity)			
SERVICE (assisting others, improving society)			
VARIETY (diversity of activities, tasks and people)			
WEALTH (making money, getting rich)			
WISDOM (understanding life, discovering knowledge)			

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