

Values Clarification Exercise

All of the following values are worthwhile. Please take 10 minutes to select your top 10 (check), and then your top 5 values (two checks). Prioritize your top five values from 1-5.

- Achievement of goals
- Advancement in career
- Appreciating the beauty around me
- Autonomy and working independently
- Being a good friend
- Being a loving brother or sister
- Being a weaver of my own cloth
- Being a whole person
- Being able to forgive
- Being creative
- Being healthy
- Being in control
- Being physically active
- Being respected
- Being visionary
- Believing my life counts
- Believing my work counts
- Challenge and stimulation
- Change and variety
- Commitment to life partner
- Competition
- Connected with all things
- Connecting, caring, relating to others
- Continuing to learn new things
- Creating a home
- Enjoyable retirement
- Enjoying a wonderful leisure life
- Excitement and adventure
- Experiencing something new
- Filled with love and kindness
- Financial independence
- Following my hearts desire
- Generous to others
- Getting to the top
- Giving to my community
- Having a close family
- Having good friends
- Having influence
- Having integrity
- Having personal freedom
- Having time alone
- Increased self-esteem
- Inner wisdom
- Intellectual status
- Just enjoying myself
- Learning new things
- Living in the moment
- Loyalty and allegiance
- Making a difference
- Making the world a better place
- More spontaneity than structure
- My hobbies
- Owning a place I am proud of
- Parenting wisely
- Peace with me
- Physical attractiveness
- Pleasure
- Power over others
- Precision and attention to detail
- Protecting the environment
- Respect for life
- Responsible for my actions
- Satisfaction with my career
- Seeing the world
- Simplifying my life
- Spirituality
- Stability
- Time away from home and work
- Trust in the flow of the universe
- Trusting powers beyond myself
- Using my talents and skills
- Working as a team
- _____
- _____
- _____

Reactions To Values Exercise

After completing the values clarification exercise, consider the following questions:

- Did you already have a clear grasp of your values, or did you discover something in the process of this exercise?
- How did you arrive at your choices?
- Why are these values important to you?
- How do your values **fit** and/or **conflict** with your career choices?
- What might cause you to reprioritize your values?

Weekly Activity Breakdown

Your next step is to look at an average week – 168 hours – and itemize how you spend your time.

The average week breaks down as follows:

- Sleeping
- Working
- Preparing to go to work
- Commuting to/from work
- Eating/Meal time
- Praying/Worship (Church, Synagogue, etc.)
- Learning (at school or self-study)
- Volunteering
- Hobbies/Sports/Clubs
- Quality time with family (children, spouse, parents, siblings, pets, etc.)
- Quality time for self
- _____
- _____
- _____

168 = Total Time (hours)

- Of those items listed, which tie in to your top 5 values?
- How many hours each week are you spending on activities that mesh with your values?
- On what values do you need to spend more time?

Personal Action Plan

What will you do to make more time in your weekly schedule for activities that relate to your highest values?
