



## Clarifying Your Values

---

The purpose of this exercise is to help you clarify your values. Since our values change from time to time, often after reflection or certain events, it's useful to review and consider our values and beliefs regularly. Being mindful of your values requires periodic reflection.

Below is a list of values for your consideration along with the steps to aid you in identifying which are most important to you as guiding principles in your life. One tip to determining importance is to consider whether you'd be upset or happy if your life circumstances suddenly changed and you could no longer act on a particular value. At times it's useful to consider two values at a time to determine the relative importance of one over another.

1. Identify & circle the top fifteen values that are most important to you.
2. From this short list, asterisk the top five that are most important to you.
3. Rank each of the top five with "1" being the most important values to you to "5" being the least important of these five important values.
4. What significance do you see of this exercise for your life?

This exercise can be difficult as it will require you to reflect on the importance of your values and to reconcile a number of potentially divergent aspects of your current life. You may find it easy to do the first step, and much more of a struggle to complete the remaining steps.

Consider these questions as you answer:

1. Does the placement of this value reflect how I act or how I would like to act?
2. Does your ranking reflect who you are today in your actions and decisions?
3. If not, does it represent the person you'd like to become?
4. Does the assignment of values reflect my current preferences, attitudes, actions?
5. Or, does it more accurately reflect who I was in the past few years, an earlier me?
6. Understanding what's important to you reflects your moral rudder, helping you to steer your path through confusion, conflict and changing times. How might this exercise be useful to you as you consider the choices you're being asked of in life right now?
7. Use this exercise to help you clarify your Declaration. What is important to you?



passion. purpose. potential.

DrChris@Q4-Consulting.com

Accomplishment	Control	Independence	Respect
Achievement	Courage	Innovation	Restraint
Adventure	Creativity	Integrity	Safety
Affection	Decisiveness	Intellect	Salvation
Affiliation	Dependability	Imagination	Security
Ambition	Dignity	Joy	Self-control
Assisting Others	Discipline	Kindness	Self-reliance
Authenticity	Effectiveness	Leisure	Self-respect
Authority	Empathy	Logic	Service
Autonomy	Equality	Love	Simplicity
Awareness	Excitement	Loyalty	Sincerity
Beauty	Fame	National security	Spirituality
Belonging	Family	Nature	Stability
Caring	Forgiveness	Obedience	Status
Challenge	Free Choice	Peace	Success
Cheerfulness	Freedom	Personal Development	Taking risks
Cleanliness	Friendship	Pleasure	Teamwork
Comfortable life	Fun	Power	Tenderness
Companionship	Genuineness	Pride	Tranquility
Compassion	Happiness	Rationality	Wealth
Competence	Health	Recognition	Winning
Conformity	Helpfulness	Reliability	Wisdom
Connection	Honesty	Responsibility	
Contribution	Improving society		