

What Are Your Values?

From the list below select the Values that you feel are most important to you and also add any that are not included in this list.

- After you have chosen your Values put them in order of importance.

| | | | |
|---------------|----------------|----------------|---------------|
| Achievement | Health | Nature | Security |
| Adventure | Helping others | Openness | Self-respect |
| Art | Honesty | Order | Serenity |
| Awareness | Independence | Patience | Spirituality |
| Balance | Integrity | Perseverance | Spontaneity |
| Challenge | Family | Pleasure | Stability |
| Community | Friendships | Power | Status |
| Connection | Growth | Recognition | Success |
| Co-operation | Knowledge | Relationships | Time |
| Creativity | Laughter | Reliability | Truth |
| Democracy | Learning | Religion | Understanding |
| Determination | Love | Responsibility | Wisdom |
| Effectiveness | Loyalty | Reward | ???? |
| Fame | Money | Risk taking | ???? |

- Then narrow down your list to the 10 most important values in order of importance