

Values Assessment Worksheet

“A value is defined as a principle, standard, or quality considered inherently worthwhile or desirable. Individuals, groups, and whole societies hold values. Values are what motivate and fulfill you. They imbue your work and your life with meaning. ...In essence, a value is what is important to you.”

-- Julie Jansen, I Don't Know What I Want, But I Know It's Not This

“Values are a matter of what guides you through every day, every task, every encounter with another human being.”

-- Richard N. Bolles, What Color is Your Parachute?

Your “purpose” in life has a lot to do with what kind of impact you want to make in the world and the way you want to live. This is clarified and defined by your values.

Values Clarification Activities

1. Recall times when you have been so absorbed in what you were doing that you hardly noticed the time. What were you doing?

2. Think about the things that you find meaningful. What do you think of? Include ideals, feelings, and activities.

3. What values are most important to you? Circle/check all of the values that are most important to you from the examples below and/or add your own. Feel free to circle/check those that were identified from your essay and the exercises above as well. (If you need to, go through the exercise of writing down other experiences in your life in which you felt you did something meaningful, were successful, creative, committed, decisive, etc. to identify personal values.)

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| Achievement/accomplishment | Independence |
| Advancement | Integrity |
| Autonomy | Leadership |
| Balance | Learning/growing/gaining wisdom |
| Belonging to a group | Leisure |
| Building something | Listening |
| Challenge | Mastering a technique/field |
| Compassion | Personal development |
| Competition | Physical activity |
| Creativity | Receiving recognition/impressing people |
| Creating something new | Repairing or fixing something |
| Creating beauty | Respect |
| Creating change (e.g. social change) | Risk-taking |
| Creating information | Safety |
| Decision-making | Security |
| Entrepreneurship | Self-expression |
| Equality | Spirituality |
| Excitement/risk | Stability |
| Fame | Status |
| Family happiness | Teamwork |
| Financial security | Tenacity |
| Friendships | Visioning |
| Fun | Wealth |
| Happiness | Other: _____ |
| Harmony | Other: _____ |
| Health | Other: _____ |
| Helping others/serving people | Other: _____ |
| Influencing people | Other: _____ |
| Improving or perfecting something | |

4. Now, choose the ten most important to you and then prioritize them.

5. What are the five most important to you? Prioritize them.