Values Clarification Exercise
This exercise is based on the premise that your Quality of Life is influenced by the extent to which you honor your personal values. Please read through the following list of qualities and circle any that feel particularly important to you.

Abundance  Direct  Inquisitive  Radiance
Acceptance  Discernment  Inspiration  Realization
Accomplishment  Discovery  Integration  Recognition
Accuracy  Divinity  Integrity  Refinement
Achievement  Drama  Intimacy  Reflection
Action  Dream  Intuition  Relationship
Adventure  
Aesthetics  Educate  Judgment  Responsibility
Alignment  Elegance  Justice  Reverence
Altruism  Empowerment  Love  Risk Taking
Artistic  Encouragement  Leadership  Romance
Assistance  Energy  Laughter  Safety
Attainment  Enjoyment  Learning  Satisfaction
Augment  Enlightenment  Loyalty  Security
Authenticity  Entertainment  Magic  Self-Expression
Autonomy  Excellence  Magnificence  Sensation
Awareness  Exhilaration  Mastery  Sensuality
Awe  Expansion  Nature  Serenity
Balance  Expert  Nurture  Spirit
Beauty  Faith  Openness  Spirituality
Bliss  Family  Movement  Spontaneity
Bravery  Feeling  Mysticism  Stimulation
Calm  Flexibility  Originality  Strength
Candor  Focus  Perfection  Synthesis
Choice  Forgiveness  Partnership  Tenderness
Clarity  Freedom  Patience  Thinking
Compassion  Fun  Peacefulness  Truth
Competition  Guidance  Perfection  Transformation
Completion  
Conformity  Glamour  Perfection  Thrill
Congruent  Health  Performance  Tough
Connection  Holistic  Perseverance  Transformation
Contemplation  Honesty  Personal growth  Trust
Contentment  Hope  Persuasion  True
Contribution  Humor  Planning  Truth
Control  
Courage  Image  Power  Understanding
Creativity  Imagination  Preparation  Uniqueness
Dedication  Independence  Privacy  Unity Vision Vitality
Delight  Influence  Quest  Will
Dependable  Information  Question  
Devotion  Ingenuity  

*Go to your bosom: Knock there, and ask your heart what it doth know.* - William Shakespeare
Add any other words or qualities that are important to you but are not on the above list:
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

Of all the values/qualities that you’ve circled, write your Top 10 in the space below:

1. ___________________________________________________________________________
2. ___________________________________________________________________________
3. ___________________________________________________________________________
4. ___________________________________________________________________________
5. ___________________________________________________________________________
6. ___________________________________________________________________________
7. ___________________________________________________________________________
8. ___________________________________________________________________________
9. ___________________________________________________________________________
10. ___________________________________________________________________________

Of the Ten, circle the four values or qualities that are the MOST important to you and write below:

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
Describe a time/situation when life was good; be as specific and detailed as you can – what was happening; who was involved, how were you feeling? What values were being honored?

Describe a time when you were personally challenged, things were not going well. What values allowed you to overcome that challenge?

What beliefs or values in your life do you consider to be non-negotiable (e.g., “being there for my family”, “my personal well-being”, “my spiritual beliefs”)?

What are you known for in your circle of friends/family? What qualities do you think they most appreciate about you?

I am most alive and energized when I am:

What are the important values I want to show up in my life?

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Values Clarification p 3
How are they showing up?

Identify one value to focus on-- write it below: