



What are My Core Values?

Values

Instructions:

1) Review the following pages, select the 10 most important values in the list and place them under the heading....."My Top Ten MOST IMPORTANT Values".

Feel free to add any values that are important to you that you feel aren't on the list.

2) Select your top ten **LEAST IMPORTANT** values and place them under the heading "My top Ten **LEAST IMPORTANT** values.

3) Place the "Top Ten **MOST IMPORTANT** Values" in ranked order of importance.

4) Place the "**LEAST IMPORTANT** Values" in ranked order of importance...with the very lowest value last.





What are My Core Values?

My Top Ten Most Important Values

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

My Top Ten Least Important Values

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

My Somewhat Important Values

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





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Values

Inner Harmony	Possessing a strong sense of personal peace as well as freedom from inner conflict and guilt.
Pleasure	Being happy and having fun; an enjoyable, pleasurable lifestyle.
Wisdom	Developing a mature understanding of life and people that can be used to enlighten and guide others.
Health	Being able to maintain physical and mental well-being.
Family	Meeting the relational, financial, and emotional needs of family members.
Mature Love	Cultivating mutual affection and emotional, sexual, and spiritual intimacy with a lifelong partner.
Independence	Determining the nature of one's work without significant direction from others; a self-reliant, self-sufficient attitude towards one's work and life.
Leadership	Opportunity to influence, direct and motivate others to accomplish a task.
Nurturing	Contributing to the welfare and development of others
Sense of Accomplishment	Making a lasting contribution that others recognize and appreciate as worthwhile
Mental Stimulation	Work which requires constantly using one's mind; continuing to develop one's intellect.
Excitement	An exciting, adventuresome. lifestyle or frequent excitement in the course of work.
Influence People	Changing attitudes or modifying opinions in order to get others to do something or purchase something.
Friendships	Being liked by others; having companionship as a result of work activities.
Working with Others	Having close working relationships with a group; working as a team toward common goals.
Knowledge	Spending time in the pursuit of knowledge, truth, and understanding.





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Values *(continued)*

Competence	Being highly capable in some area; working where one can excel with the talents they have.
Innovation	Being oriented towards imaginative, creative, or pioneering types of work.
Helping Others	Serving other peoples' personal needs in a direct, personal way.
Leisure	Having enough time for leisure pursuits; no significant overtime required.
Time Freedom	Having work responsibilities which can be pursued according to one's schedule; no specific work hours required.
Creative Expressions	Opportunity to express in writing or verbally one's ideas, reactions, and observations.
Artistic	Opportunity for creative expression in a variety of art forms.
Security	Not having to worry about present or future income or personal welfare.
Help Society	Desire to improve societal issues and problems in the local community or world.
Moral Fulfillment	Feeling that one's work is contributing to a set of moral standards which they feel are very important.
Location	Living where one most wants to live or in an area that best suits one's lifestyle.
Decision Making policies, etc.	Enjoy being key decision-maker on courses of action,
Challenging Problems	Problems that require constant mental stimulation in order to resolve difficult issues.
Work on the Frontiers of	Demanding intellectual environment that involves research or product Knowledge development.
Risk Taking	Recommending and trying new solutions or ideas when the outcome is very uncertain.





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Values *(continued)*

Change and Variety	A work and personal environment that is constantly changing.
Spirituality	Pursuing spiritual values, knowledge and experiences
Status & Recognition	Having rewards, respect or public acknowledgement for the quality of one's work.
Power & Authority	Controlling the situation around you; controlling the work activities and rewards for others.
Aesthetics	Studying or appreciating the world of beauty and the arts; producing work with aesthetic value.
Affiliation	Being part of a company, organization, or work team; being accepted as a needed member of the team.
Job Tranquility	Freedom from conflict and stress.
High Earnings	Earning a great deal of money so one can purchase what one wishes.
Stability	A minimum of change and variety; predictable and routine job duties.
Work Alone	Doing projects by oneself, without any significant contact with others.
Fast Pace	A stimulating, active busy life where there is constant activity.
Pressure	Situations where time pressure is prevalent and/or the quality of one's work is judged critically by supervisors, customers or others.
Precision Work	Detailed, precise, high quality work with little tolerance for error.
Competition	Competing directly against other peers where there are clear win-and-lose outcomes.
Physical Challenge	A task or job that makes physical demands which are rewarding to those involved.
Duty	Doing what is expected regardless of the personal sacrifices involved.

