

# VALUES WORKSHEET

**Step 1:** Quickly, without self-judgement, read through list and cross out words that do not fit you well. What remains are the words that do fit you well.

**Step 2:** With the remaining words, narrow down to your top 15 ideals.

**Step 3:** Reduce the top 15 ideals to 10 prioritized ideals.

**Step 4:** From the 10 prioritized ideals, narrow down to your top 5 core values.

val·ue  
'valyoo

noun

1. the regard that something is held to deserve; the importance, worth, or usefulness of something.
2. a person's principles or standards of behavior; one's judgment of what is important in life.

Achievement

Adventure

Animals/Pets

Art/ Creative Expression

Autonomy

Beauty/ Fashion/ Image

Challenges

Change

Community

Competence

Competition

Cooperation

Creativity

Decisiveness

Diversity

Ecology/ Environment

Education

Ethics

Ethnicity/ Culture/ Heritage

Excellence

Excitement

Exercise/Fitness

Fairness

Faith

Family

Flexibility

Freedom

Friendship

Happiness

Health - Mental/Emotional

Health - Physical

Helping Others

Honesty

Independence

Integrity

Intimacy

Leadership

Loyalty

Meaningful Work

Music - Playing/ Listening

Nutrition/ Cooking/ Food

Order

Peace

Philanthropy

Play

Pleasure

Power

Privacy

Recognition

Relationships

Resourcefulness

Safety/ Protection

Security

Service

Spirituality

Stability

Status

Stewardship of Resources

Wealth

Work

