

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

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

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

If you could only have one value for the rest of your life which would you pick?