

What Do You Value?

Values are your deepest feelings and thoughts about yourself and life. Values have three parts: (1) what you think, (2) how you feel, and (3) how you act, based on what you think and feel. People are most comfortable in situations in which the thinking, feeling, and acting aspects of their values are working together.

Here is a list of 15 values arranged in alphabetical order. Study the list carefully. Then place a 1 next to the value most important to you, a 2 next to the value that is second in importance, and so on. The value that is least important to you should be ranked 15.

When you have completed ranking the values, check your list. Feel free to make changes. The end result should truly reflect your values.

Value	Rank
Affectionate	
Ambitious	
Brave	
Cheerful	
Competence (being capable)	
Courteous (being well-mannered)	
Forgiving	
Helpful (working for others' welfare)	
Honest	
Logical	
Neat	
Obedience (duty, respect)	
Open-minded	
Responsibility	
Self-controlled (committed)	