

Lifestyle Redesign®

Brought to you by the

USC Occupational Therapy Faculty Practice

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Checklist for Personal Values

This exercise is designed to help you reach a better understanding of your most significant values.

Step 1: What I Value Most...

From this list of values (both work and personal), select the 10 that are most important to you, as guides for how to behave or as components of a valued way of life. Add any values of your own to this list.

Achievement	Friendships	Physical challenge
Advancement and promotion	Growth	Pleasure
Adventure	Family	Power and authority
Affection (love and caring)	Health	Privacy
Change and variety	Helping other people	Public service
Close relationships	Helping society	Purity
Community	Honesty	Quality relationships
Competence	Independence	Recognition (respect from others, status)
Cooperation	Influencing others	Religion
Country	Inner harmony	Reputation
Creativity	Integrity	Responsibility and accountability
Decisiveness	Intellectual status	Security
Democracy	Involvement	Self-respect
Ecological awareness	Knowledge	Serenity
Economic security	Leadership	Sophistication
Effectiveness	Loyalty	Stability
Efficiency	Meaningful work	Status
Excellence	Money	Time freedom
Excitement	Nature	Truth
Fame	Personal	Wealth
Freedom	development	Wisdom
Add your own_____		

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Step 2: Elimination

- ❖ Now that you have identified 10, imagine that you are only permitted to have 5 values. Which 5 would you give up? Cross them off.
- ❖ Now cross off 2 more, to bring our list down to 3.

- ❖ How does determining your values relate to feeling satisfied with your life?

- ❖ Does your lifestyle support the things you value most?

- ❖ What supports you in prioritizing your values?

- ❖ What is challenging about prioritizing your values?

- ❖ Now, make an action statement for each of these values to help you live in accordance to them.

- 1.
- 2.
- 3.