**VALUES ASSESSMENT (PERSONAL, PROFESSIONAL, SPIRITUAL)**

**THE TOP 5 VALUES**

Values are a core component of Acceptance and Commitment Therapy. Values are used to help clients choose directions for their lives that are in line with what is truly important to them and help them construct goals that promote behavior in those directions. Values are the answer to the question: “In a world where you could choose to have your life be about something, what would you choose?”

**Instructions**

The goal of this exercise is to increase awareness of what really matters to you by identifying your top five life values. Values are the answer to the questions: What’s important to you in your life? What is your life’s purpose? What do you enjoy doing? When do you feel satisfied and fulfilled? Being aware of your values by answering the above questions will help you navigate your life in the direction that you choose. You have the potential to live the life of your dreams, but how do you do this without looking inward? Understanding our own core values help guide us towards our passions and desires. Please complete the five steps below.

1. Take ten minutes to brainstorm what your own values are without referring to the list. **Please use complete sentences.**

My values are:

2. Review the values list provided and select 3-5 new ones other than those you described in question 1 that resonate with you. **Please use complete sentences.**

Acceptance Achievement Advancement & Promotion Adventure Affection Altruism Arts Awareness Beauty Challenge Change Community Compassion Competence Competition Completion Connectedness Cooperation Collaboration Country Creativity Decisiveness Democracy Design Discovery Diversity Environmental Awareness Economic Security Education Effectiveness Efficiency Elegance Entertainment Enlightenment Equality Ethics

Excellence Excitement Experiment Expertise Exhilaration Fairness Fame Family Happiness Fast Pace Freedom Friendship Fun Grace Growth Harmony Health Helping Others Helping Society Honesty Humor Imagination Improvement Independence Influencing Others Inner Harmony Inspiration Integrity Intellect Involvement Knowledge Leadership Learning Loyalty

Magnificence Making a Difference Mastery Meaningful Work Ministering Money Morality Mystery Nature Openness Originality Order Passion Peace

Personal Development Personal Expression Planning Play Pleasure Power Privacy Purity Quality

Radiance Recognition Relationships Religion Reputation Responsibility & Accountability Risk Safety & Security Self-Respect Sensibility Sensuality Serenity Service Sexuality Sophistication Spark Speculation Spirituality Stability Status Success Teaching Tenderness Thrill Unity Variety Wealth Winning Wisdom

3. Now prioritize your values and make a selection of five of your most important values. List your top five values below:

I.

II.

III.

IV.

V.

**Discussion Question 2**

4. Take about five to ten minutes to think about, or discuss with a friend or your coach, what each of the above values means to you.

Then, generate a definition that resonates and makes sense to you.

*Value I*:

Means to me:

Is important to me because

*Value II*:

Means to me:

Is important to me because:

*Value III*:

Means to me:

Is important to me because:

*Value IV*:

Means to me:

Is important to me because:

*Value V*:

Means to me:

Is important to me because: