

Personal Values Clarification Exercise

Table 1 – Personal Values Worksheet				
Value	A	B	C	D
1. Accomplishment (achieving, mastery, skilled)	3	4	5	9
2. Adventure/Courage (risk taking, fearless in face of hazards)	4	3	5	8
3. Affection (close intimate relationships)	4	4	5	9
4. Beauty (appreciation of the beauty of ideas, things, etc.)	4	4	5	9
5. Collaboration (close working relationships)	3	3	4	7
6. Compassion (empathy for suffering, fierceness to see change)	4	5	5	10
7. Creativity (imaginative self expression)	4	4	4	8
8. Family Happiness (contentedness with loved ones)	1	4	5	9
9. Forgiveness (release of guilt and shame, hurts, pain)	3	5	5	10
10. Freedom (independence and freedom of choice)	4	3	2	5
11. Friendship (close personal relationships, connection)	5	5	4	9
12. Generosity (giving without thinking, ready to share)	4	5	5	10
13. Gratitude (thankful for your life what you have/do not have)	4	5	5	10
14. Health (for self, others and the environment)	4	3	4	7
15. Humour/Pleasure (like to laugh, enjoy life, play)	5	5	5	10
16. Influence (leading, influential, accountable for results)	2	1	2	3
17. Inner Healing/Peace (calm sense of wholeness, content)	5	5	5	10
18. Integrity (honesty/truthfulness of one's belief and action)	4	5	5	10
19. Learning/Curious(thought provoking, gain knowledge, study	5	4	4	8
20. Loyalty (steadfastness, allegiance, commitment)	5	4	4	8
21. Order (stability and predictability)	2	2	2	4
22. Personal Growth and Development (use of potential)	5	5	4	9
23. Self-Respect (self-esteem, pride)	4	6	5	10
24. Simplicity (transparent, enough, living lightly)	4	5	5	10
25. Social Service/Justice (helping others, improving society)	4	3	4	7
26. Social Recognition (status, recognition, admiration)	3	2	2	4
27. Trust (in self and others and any 'Higher' power)	4	5	5	10
28. Vulnerability (courage to be true self, open to others)	4	5	5	10
29. Winning (in competition with others)	1	0	0	0
30. Wisdom (mature understanding of life)	4	5	4	9
31. Wonder (awe, appreciation of spirituality, mystery)	4	5	4	9

Table 2 Personal Values Worksheet	
Most Important Personal Values	Importance Weight
1.Compassion	10
2.Forgiveness	
3.Generosity	
4.Gratitude	
5.Humour/pleasure	
6. Inner healing/Peace	
7. Integrity/Honesty	
8. Self-respect	
9. Simplicity	
10. Vulnerability	

Column A

Identify how well you feel you've **satisfied** each value. Use the following scale:

- 0 = not at all
- 1 = slightly
- 2 = some
- 3 = fairly well
- 4 = considerably well
- 5 = extremely well

Column B

Identify how you would feel if your current satisfaction of this value were significantly reduced. Use the following:

- 0 = not at all concerned
- 1 = slightly concerned
- 2 = somewhat concerned
- 3 = quite concerned
- 4 = considerably concerned
- 5 = extremely concerned

Column C

Identify how you would feel if your current satisfaction of this value were significantly increased. Use the following:

- 0 = indifferent
- 1 = slightly happier
- 2 = somewhat happier
- 3 = much happier
- 4 = considerably happier
- 5 = extremely happier

Column D

Add columns B and C together and place a total in column D. This reflects the relative importance of each personal value to you. Place an asterisk (*) next to the five or six personal values that have the highest score in column D. Review the five or six values you placed an asterisk next to, and ask yourself the following questions:

- As I think back on my experiences (job, career, life), do these values seem to be the most important values for me? If not, what changes do I need to make?
- How do my five or six most important personal values from the worksheet compare with the satisfaction scores in column A? On which values do I want to increase my satisfaction?

From the results of your Personal Values Worksheet and your self-questioning, list the five personal values that are most important to you. The order of listing makes no difference. But place a 10 beside the value you decide is the most important to you (in the Importance Weight column). Compare the other four values to your first choice and assign each an appropriate number from 1 through 9. Ask yourself such questions as, "Is this value about 80 percent as important as my first value?" If so, assign that value an Importance Weight of 8. Continue until all five values have been weighted. Each of your five values should have a different weighting.