

Values Clarification Exercise

Values affect our decisions and actions, and are key to understanding how we approach ethical dilemmas. It is common to hear someone state that Family is their #1 value, yet observing their behaviors many of these same people make very little time for their families. In these cases, there is inconsistency between what they profess to value and their behaviors. As we seek to understand, clarify and define own personal set of 'core values', it is easier to make important decisions, keep our priorities in order and ensure that our actions align with our values.

Sample values are listed on the back of this page, though you are not limited only to the words on this list.

Clarify Values Suggested Activities:

1. If you were going to start your own organization, what traits would you want all employees working for you to have?
2. Would you be willing to be fired from a job for holding this core value? Would you hold to this value even if it society penalized you for it?
3. If you awoke tomorrow with more than enough money to retire for the rest of your life, would you continue to apply this value to your activities?
4. Do you tend to take personal offense if you observe others not honoring this value? How do you react if others are not honoring this value?
5. List 20 possible values and rank them from most to least important.
6. Make a pie chart of your top five values and compare it to your calendar. Are you really spending as much time as you'd like on the things you value?
7. Think about behaviors that are both consistent with and inconsistent with each of your top values.
8. Ensure that your final list of values is truly core to you, not aspirational, permission to play, or accidental.
9. Pray about each of these values, seeking God's wisdom on how you can live them out.
10. Recall a moment in your life when you really lived each value. What behaviors did you exhibit that support this value?

Your goal is to identify the 3-5 most important core values for you personally. What values really guide your decisions and actions? For this assignment:

1. After identifying them, list your personal core values in a document, along with a brief definition or description of what each means to you.
2. Prepare to share with your partner during class your personal values.
3. Reflect on this experience – how can you utilize this increased self-awareness in your life currently? Your future career?

Values Clarification Exercise

Accountability	Exploration	Practicality
Accuracy	Expressiveness	Preparedness
Achievement	Fairness	Professionalism
Adventure	Faith	Prudence
Altruism	Family	Quality
Ambition	Fidelity	Recognition
Assertiveness	Fitness	Reliability
Balance	Fluency	Resilience
Beauty	Focus	Resourcefulness
Being the best	Freedom	Restraint
Belonging	Fun	Results
Boldness	Generosity	Rigor
Calmness	Goodness	Risk
Carefulness	Grace	Romance
Challenge	Growth	Security
Cheerfulness	Happiness	Self-actualization
Choice	Hard Work	Self-control
Clear-mindedness	Health	Self-expression
Commitment	Helping Society	Self-reliance
Community	Holiness	Selflessness
Compassion	Honesty	Sensitivity
Competitiveness	Honor	Serenity
Consistency	Humility	Service
Contentment	Humor	Shrewdness
Continuous Improvement	Independence	Simplicity
Contribution	Ingenuity	Soundness
Control	Inquisitiveness	Speed
Cooperation	Insightfulness	Spirituality
Correctness	Integrity	Spontaneity
Courtesy	Intelligence	Stability
Creativity	Intuition	Strategic
Curiosity	Joy	Strength
Decisiveness	Justice	Structure
Democraticness	Knowledge	Success
Dependability	Leadership	Support
Determination	Learning	Teamwork
Devoutness	Legacy	Temperance
Diligence	Love	Thankfulness
Directness	Loyalty	Thoroughness
Discipline	Making a difference	Thoughtfulness
Discretion	Mastery	Timeliness
Diversity	Merit	Tradition
Dynamism	Nature	Tranquility
Effectiveness	Nurturing	Trust
Efficiency	Obedience	Trustworthiness
Elegance	Openness	Truth-seeking
Empathy	Order	Understanding
Empowerment	Originality	Uniqueness
Enjoyment	Patriotism	Unity
Enthusiasm	Peace	Usefulness
Equality	Perfection	Vision
Excellence	Piety	Vitality
Excitement	Positivity	Wellness
Expertise	Power	Zest