

## Values Clarification

Indicate your values by placing a number next to the value, assigning a level of importance, with 1 being of little importance and 10 being of very high importance. If an item is not a value that you possess, simply leave it blank. Then, in the 3<sup>rd</sup> column, indicate to what degree you live according to this value (i.e. how much time, resources and energy you devote to it) by ranking on a scale of 1-10 (1 meaning you rarely live according this value, and 10 being that you always or almost always live in alignment with this value).

VALUE	IMPORTANCE	BEHAVIOR
Achievement/Accomplishment		
Acknowledgment		
Adventure		
Alignment/Living your values		
Art		
Athleticism		
Authenticity		
Autonomy		
Beauty and Aesthetics		
Belonging/Community connections		
Clarity		
Collaboration and Partnership		
Contribution		
Commitment		
Communication skills		
Dance/Movement		
Directness		
Diversity		

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VALUE	IMPORTANCE	BEHAVIOR
Down		
Earning power (financial)		
Empowerment		
Enjoyment/Fun		
Entertainment (TV, theater, etc)		
Environmental sustainability		
Excellence/Mastery		
Exercise		
Family		
Financial independence		
Fine foods		
Freedom		
Generosity		
Gratitude		
Growth and Learning		
Happiness		
Health and Wellness		
Honesty		
Humor		
Integrity/Being your word		
Justice		
Knowledge		

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VALUE	IMPORTANCE	BEHAVIOR
Leadership		
Loving kindness		
Loyalty		
Meditation/Stillness		
Nurturing		
Order/Organization		
Peace & Tranquility		
Planning		
Playfulness		
Prayer		
Personal power		
Recognition		
Religion		
Results		
Risk taking		
Romance &/or Intimacy		
Science/Exploration		
Security		
Self expression		
Service to others		
Sensual or sexual expression		
Sleep		

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VALUE	IMPORTANCE	BEHAVIOR
Solitude		
Success		
Spiritual Growth		
Spiritual Practices		
Spontaneity		
Tradition		
Transcendence		
Transformation of consciousness		
Vitality/Zeal		
Wealth		
Work		

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