

Values Worksheet

Description

Our values represent the attributes and qualities of life that we prize most highly. When individuals, teams and organizations have clarity regarding their deeply held values, the most fulfilling work and achievement become an expression of and are consistent with those values. Alternately, discovery that objectives and activities are at odds with deeply held values can serve as a catalyst for important change. The *Values Worksheet* supports discovery, clarification, and prioritization of values for individuals and groups.

Instructions

1. Review the sample list of values and notice any additional values that come to mind that may not be on the list.
2. Circle all of the values that seem particularly important for you. Then, identify the “Top 10” values that are most deeply held and important.
3. List these values on the Worksheet (next page) in the space provided.
4. Rank each Value from 1 (low) to 10 (high) based on the degree to which you believe that your actions are consistent with the value.
5. For each Value that you want to honor more, note any ideas you have to give that Value greater emphasis in your life.

Sample Values List

Review the list below and add any values that seem to be missing for you. Circle all of the Values that seem most important to you. From the circled Values, identify your “Top 10”—those Values that are most deeply held and important. List these on the next page.

Humor	Accomplishment	Collaboration	Beauty	<i>Others</i>
Directness	Orderliness	Learning	Elegance	_____
Partnership	Bold Action	Teamwork	Vitality	_____
Productivity	Honesty	Courage	Assertiveness	_____
Service	Success	Self-Expression	Timeliness	_____
Contribution	Accuracy	Trust	Quality	_____
Excellence	Risk-Taking	Authority	Profitability	_____
Free Spirit	Authenticity	Individuality	Security	_____
Focus	Zest	Relationship	Loyalty	_____
Innovation	Tradition	Power	Excitement	_____
Recognition	Growth	Integrity		_____
Harmony	Participation	Creativity		

Values Clarification Worksheet

Value	Score 1-10	Ideas To Increase Score
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		