

What do you value? Think of things that...

- ...are important to you
- ...define your fundamental character
- ...supply meaning to your work and life
- ...influence the decisions you make
- ...compel you to take a stand
- ...provide an atmosphere in which you are most productive.

You may not know what you value until an event, circumstance, or person comes into direct conflict with that value – or until you purposefully try to identify what is important to you.

From the following list of values identify your top 8 values. It may be helpful to make individual 3x5 cards of each value and sort them that way or first categorize them as 1-most important (this will eventually be limited to no more than eight values), 2-important, and 3-not very important. From there it may be easier to choose your top eight.

Accuracy	Achievement	Advancement
Adventure	Aesthetics	Artistic Expression
Authenticity	Balance	Challenge
Competency	Competition	Conformity
Contribution	Control	Cooperation
Creativity	Efficiency	Fairness
Family	Financial Security	Flexibility
Friendship	Generosity	Happiness
Humor	Independence	Influence
Integrity	Learning	Leisure
Location	Love	Loyalty
Nature	Organization	Peace
Perseverance	Personal Development	Physical Fitness & Health
Power	Prestige	Recognition
Religious Beliefs	Responsibility	Security
Self-Respect	Service	Stability
Tolerance	Tradition	Variety
*	*	*

Record and define your eight most important values:

Value	My Definition

What are your thoughts about the values that you selected? Are there any surprises?

Values Applications

The questions below may help you work with your values. You do not need to answer all of the questions, but choose those that are most appropriate for your current situation.

1. **To evaluate your current work/service environment:** List your top eight values. Next, review the entire list one more time and choose the eight values you believe are most important at your workplace. Are there any conflicts between the two lists? (Comparing lists of values can also be useful for husband/wife discussions or team building)

1. **What in your life will be difficult for you to control as your values change?**
2. **What areas of change will be stressful for you?** Are there any potential conflicts? What are two or three concrete steps you can take to move toward your next season values?
3. **How does this values clarification change your priorities regarding God, Family, Work, Friends?** How can you maintain balance?

More Values Exercises

Use these questions to gain further clarity about your values.

1. **From your outward actions, what might other people discern as your top values?** Are there any conflicts?
2. **Consider whether any of your top eight values are in conflict with one another** e.g financial independence/Generosity or adventure/stability?
3. **Pull out your calendar and think about the past week.** Write out your activities to see how they correspond to your top eight values. Consider any goals you would like to bring your lifestyle more in line with your values.