



VALUES CLARIFICATION

Name: _____

Date: _____

Clarifying our values for this stage of your life can aid you in shaping your purpose and vision. In this stage of life or transition, what values are most important to you? What are the values you must honor to be true to this chapter of your life?

First, choose the 10–15 values from the following list that you feel are most important at this time and group them together in strings. (Example; Collaboration/Community/Full self-expression)

Second, identify your three or four most important values for this chapter of your life.

Accuracy	Family happiness	Orderliness
Achievement	Focus	Participation
Acknowledgment	Forward the action	Partnership
Advancement	Freedom	Peace
Adventure	Free Spirit	Performance
Aesthetics	Free time	Personal power
Affection	Friendship	Pleasure
Authenticity	Growth	Power
Autonomy	Harmony	Precision
Beauty	Health	Productivity
Caring	Help others	Recognition
Challenge	Help society	Responsibility–Risk–taking
Change	Honesty	Romance
Collaboration	Humor	Self-expression
Community	Independence	Service
Competition	Integrity	Spirituality
Comradeship	Intellectual status	Stability
Connectedness	Joy	Success
Contribution	Knowledge	Time freedom
Creativity	Lack of pretense	Tradition
Directness	Leadership	Trust
Economic security	Leisure	Vitality
Elegance	Lightness	Wealth
Empowerment	Location	Wisdom
Excellence	Loyalty	Zest
Excitement	Nurturing	Add you own_____