

## ***Values Identification and Clarification Exercise***

*“Values are strongly held beliefs. They are basic and important, yet difficult to identify because people are not consciously aware of them. Values can be defined as the importance a person assigns to goals or behaviors. Values are best identified by analyzing how much time, money and effort are spent on them.*

*Some factors will be so important to you that if you did not have them, you would be dissatisfied. There are other factors you could live without and it would not affect your happiness.”*

*— University of Victoria Co-operative Education*

Read through the attached list of values. Then proceed to do the following:

1. First, circle all of the strongest values that you have in your life. You may add to the list if there are important words you do not find there.
2. Then, go back to the beginning and star\* your top 10, the ones that are so important that you would be dissatisfied if you did not or could not have them.
3. Finally, go back to the beginning and underline those values throughout the list which you do not have fully developed yet, but ones which you *aspire* to have. These are the words which accurately describe the person you want to become.

Don't be overly analytical. Just mark the values which resonate with you intuitively. As much as possible, employ your heart more than your mind as you choose the values you like.

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Honesty	Rationality	Power
Courage	Passion	Freedom
Peacefulness	Charity	Independence
Self-reliance	Youthfulness	Objectivity
Self-discipline	Resilience	Dedication
Moderation	Truthfulness	Success
Faith	Tenacity	Fortitude
Loyalty	Responsibility	Wisdom
Dependability	Family	Sensuality
Respect	Creativity	Enjoyment
Love	Sense of purpose	Joy
Unselfishness	Competence	Helping others
Sensitivity	Spontaneity	Belonging
Kindness	Affection	Adventure
Friendliness	Stability	Being outdoors
Justice	Communication	Relaxation
Mercy	Support	Status
Patience	Religion	Community
Abundance	Laughter	Personal growth
Generosity	Health	Challenging work
Spirituality	Hope	Curiosity

Empathy	Morals	Beauty
Significance	Acceptance	Honor
Contributing	Affluence	Healthy lifestyle
Leadership	Tradition	Athleticism
Financial wealth	Open mindedness	Perfection
Accomplishment	Originality	Humility
Intelligence	Philanthropy	Equality
Taking charge	Excellence	Learning
Expertise	Humor	Authenticity
Security	Gentleness	Candor
Working with others	Integrity	Trust
Working alone	Compassion	Forgiveness
Competition	Grace	Impeccability
Knowledge	Inclusivity	Surrender
Risk	Safety	Gratitude
Ethics	God	Stewardship