

Values Clarification

Values are ideas that describe what matters most to us in life. They can inspire and motivate, but most importantly, values guide the choices we make and determine how we treat ourselves, others, and the world around us. Making choices can be difficult when you aren't clear about your values. Being uncertain about your values or prioritizing certain values over others can also lead to negative emotional states. For example, someone with creativity as a top value may feel down or anxious if they have prioritized the wealth gained through a job that offers little opportunity to be innovative. Clarifying and consciously making choices according to your values can lead to a more satisfying and goal-directed life.

Below, you'll find a list of values. In the space provided, categorize each value as "Most Important," "Somewhat Important," or "Not Important." Then, prioritize the values in the Most Important category, identifying your top five values and writing them down in the section labeled My Top 5 Values. You can then use your list of top values to assess your current choices and/or identify new goals for yourself.

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|------------------------------------|----------------------------|
| _____ Acceptance/self-acceptance | _____ Justice |
| _____ Achievement | _____ Kindness |
| _____ Assertiveness | _____ Love |
| _____ Authenticity | _____ Loyalty |
| _____ Beauty | _____ Morals |
| _____ Comfort | _____ Nature |
| _____ Compassion/self-compassion | _____ Organization |
| _____ Competence | _____ Peace |
| _____ Cooperation | _____ Perseverance |
| _____ Courage | _____ Popularity |
| _____ Creativity | _____ Power |
| _____ Curiosity | _____ Respect/self-respect |
| _____ Education | _____ Responsibility |
| _____ Family | _____ Sexuality |
| _____ Freedom | _____ Spirituality |
| _____ Friendliness | _____ Stability |
| _____ Forgiveness/self-forgiveness | _____ Success |
| _____ Fun | _____ Trustworthiness |
| _____ Generosity | _____ Truthfulness |
| _____ Gratitude | _____ Variety |
| _____ Growth | _____ Wealth |
| _____ Harmony | _____ Wisdom |
| _____ Health | _____ Other: |
| _____ Intimacy | _____ Other: |

My Top 5 Values

1. _____
2. _____
3. _____
4. _____
5. _____

Bonus: Remember—values should be freely chosen. You may choose different values as you grow and learn more about yourself. Now that you have identified your top values, work toward completing other activities that can help you examine the values that are currently evident in your life to see what changes are warranted. Then, use your values to identify goals that are more consistent with the direction you want for your life.