

## VALUES CLARIFICATION EXERCISE

All of the following values are worthwhile. Please take up to 5 minutes to select your top 10 (check); then, from among your top ten, select your top 5 values (two checks).

- ACHIEVEMENT (sense of accomplishment by means of skills, practice, perseverance, exertion)
- ADVANCEMENT (moving forward in your career through promotions)
- ADVENTURE (work which frequently involves risk taking or travel)
- AESTHETICS (involved in studying or appreciating the beauty of ideas, things, etc.)
- AUTONOMY (work independently, determine the nature of your work little direction from others)
- CARING (love, affection)
- CHALLENGE (stimulates full use of your potential)
- CHANGE & VARIETY (varied, frequently changing work responsibilities and/or work settings)
- COMPETITION (your abilities against others where there is a clear win/lose outcome)
- COOPERATION (opportunity to work as a team toward common goals)
- CREATIVITY (being imaginative, innovative, coming up with ideas)
- ECONOMIC SECURITY (having enough money)
- EXCITEMENT (experience a high degree of, or frequent excitement in your work)
- FAMILY HAPPINESS (being able to spend quality time and develop relationships with family)
- FRIENDSHIP (develop close personal relationships)
- HEALTH (physical and psychological well-being)
- HELP OTHERS (be involved in helping people in a direct way, individually or in a group)
- HELP SOCIETY (do something to contribute to improve the world)
- INNER HARMONY (being at peace with oneself)
- INTEGRITY (sincerity and honesty)
- INTELLECTUAL STATUS (be regarded as an expert in your field, thought of as smart)
- KNOWLEDGE (understanding gained through study and experience)
- LEADERSHIP (influence over others, rather lead than follow)
- LEISURE (have time for hobbies, sports, activities and interests)
- LOCATION (live somewhere that fits your lifestyle and allow you to do the things you enjoy most)
- LOYALTY (steadfastness and allegiance)
- PLEASURE (enjoyment)
- POWER (authority, control)
- PRECISION (work in situations where there is little tolerance for error)
- RESPONSIBILITY (being accountable for results)
- RECOGNITION (getting acknowledged for your contribution)
- STABILITY (work routine and life circumstances not likely to change much over a long time period)
- SPIRITUALITY (reflection on the deeper questions of existence, God, and non-material things)
- TIME FREEDOM (flexible work schedule, no specific work hours required)
- WEALTH (profit, gain, make a lot of money)
- WISDOM (accumulation of knowledge)