

VALUES CLARIFICATION EXERCISE:

All of the following values are worthwhile. Please take 7 minutes to select your top 10 (check), and then your top 5 values (two checks).

- ACHIEVEMENT (sense of accomplishment by means of skills, practice, perseverance, or 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 without significant 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 will fit 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 have largely predictable duties, not likely to change over a long period of time)
- \_\_\_ SPIRITUALITY
- \_\_\_ TIME FREEDOM (flexible work schedule, no specific work hours required)
- \_\_\_ WEALTH (profit, gain, make a lot of money)
- \_\_\_ WISDOM (accumulation of knowledge)