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Values Clarification Exercise

Values are who we are. Not who we would like to be, not who we think we should be, but who we are in our lives, right now. Another way to put it is that values represent our unique and individual essence, our ultimate and most fulfilling form of ex- pressing and relating. Our values serve as a compass pointing out what it means to be true to oneself. When we honor our values on a regular and consistent basis, life is good and fulfilling.

Directions: Brainstorm a list of values, then rank the top ten values in priority order. Next rank your sense of satisfaction—the degree to which you are honoring each value—using a scale of 0 to 10.

Values Worksheet

Rank in Priority		Score Level of Satisfaction Scale of 1 to 10
Order	Value/Description	(10 = Highest)