

Personal Values



Instructions

Consider all the values listed on both pages. Circle top values, cross out values that are not important to you, then list **YOUR TOP 10 VALUES** on the next page in order from first to last.

Service	Cooperation
Humility	Leisure
Genuineness	Justice
Change	Solitude
Acceptance	Challenge
Intimacy	Growth
Achievement	Openness
Autonomy	Rationality
Independence	Flexibility
Inner Peace	Spirituality
Health	Self-Acceptance
Self-Control	Comfort
Self-Esteem	Compassion
Fitness	Virtue
Family	Nurturance
Purpose	Safety
Self-Knowledge	Mindfulness
Loving	Duty
Courtesy	-----

Important

Your values are subject to change!

It is ok to have different values than significant people in your life. Your values are tied to almost everything you do, so consider them carefully and how they relate to your beliefs, thoughts and behaviors.

Personal Values



Top 10 Values

- | | |
|----------------|-----------------|
| Generosity | Power Authority |
| Knowledge | Popularity |
| Helpfulness | Realism |
| Passion | Industry |
| Beauty | Fame |
| Tradition | Creativity |
| Order | Sexuality |
| Humor | Faithfulness |
| Wealth | Mastery |
| Simplicity | Forgiveness |
| Non-Conformity | Pleasure |
| Risk | Accuracy |
| Contribution | Tolerance |
| God's Will | Dependability |
| Fun | Honesty |
| Responsibility | Adventure |
| Moderation | Monogamy |
| World Peace | Commitment |
| Caring | Excitement |
| Friendship | Loved |

Critical Thinking

Are any of my values related or is there a pattern?

How many of my values are 100% under my control?

Of those within my control, which would I like to improve on?

Of those outside my control, which would I like to process in counseling?