

Values Clarification Exercise



Define What You Value Most and Create Your Foundation for Building Your Ideal Life/Business

(Adapted from a piece by Robert K. Cooper, Ph.D., Advanced Excellence Systems)

Name:

Date:

Values:

The top ten values, attributes or character traits that matter most to you and best describe or define who you are.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Instructions:

Use the list below as a starting point. Check the values, attributes or character traits that matter most to you and that best describe who you are. Then number the top ten from 1 (most important) to 10 (less important) and enter them in the left hand column.

- | | | |
|--|--|--|
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Entrepreneurship | <input type="checkbox"/> Positive Spirit |
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Ethics | <input type="checkbox"/> Power |
| <input type="checkbox"/> Adaptability | <input type="checkbox"/> Exploration | <input type="checkbox"/> Prestige |
| <input type="checkbox"/> Advancement | <input type="checkbox"/> Fairness | <input type="checkbox"/> Profit |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Faith | <input type="checkbox"/> Productivity |
| <input type="checkbox"/> Attentiveness | <input type="checkbox"/> Family/Friends | <input type="checkbox"/> Purpose |
| <input type="checkbox"/> Authority | <input type="checkbox"/> Focus | <input type="checkbox"/> Quality |
| <input type="checkbox"/> Authentic | <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Recognition |
| <input type="checkbox"/> Autonomy | <input type="checkbox"/> Freedom | <input type="checkbox"/> Relationships |
| <input type="checkbox"/> Balance (Work/Home) | <input type="checkbox"/> Friendship | <input type="checkbox"/> Relaxation |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Growth | <input type="checkbox"/> Reliability |
| <input type="checkbox"/> Being the Best | <input type="checkbox"/> Harmony | <input type="checkbox"/> Resilience |
| <input type="checkbox"/> Belonging | <input type="checkbox"/> Health | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Boldness | <input type="checkbox"/> Honesty | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Boundaries | <input type="checkbox"/> Humor/Fun | <input type="checkbox"/> Results |
| <input type="checkbox"/> Breathing Space | <input type="checkbox"/> Improvement | <input type="checkbox"/> Reverence |
| <input type="checkbox"/> Caring | <input type="checkbox"/> Independence | <input type="checkbox"/> Risk Taking |
| <input type="checkbox"/> Caution | <input type="checkbox"/> Information | <input type="checkbox"/> Safety |
| <input type="checkbox"/> Challenge | <input type="checkbox"/> Initiative | <input type="checkbox"/> Security |
| <input type="checkbox"/> Comfort | <input type="checkbox"/> Innovation | <input type="checkbox"/> Service |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Integrity | <input type="checkbox"/> Socializing |
| <input type="checkbox"/> Communication | <input type="checkbox"/> Intelligence | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Community | <input type="checkbox"/> Involvement | <input type="checkbox"/> Stamina |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Joy | <input type="checkbox"/> Status |
| <input type="checkbox"/> Competition | <input type="checkbox"/> Justice | <input type="checkbox"/> Success |
| <input type="checkbox"/> Confidence | <input type="checkbox"/> Knowledge | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Connection | <input type="checkbox"/> Leadership | <input type="checkbox"/> Tolerance |
| <input type="checkbox"/> Contribution | <input type="checkbox"/> Learning | <input type="checkbox"/> Tradition |
| <input type="checkbox"/> Control | <input type="checkbox"/> Listening | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Cooperation | <input type="checkbox"/> Love | <input type="checkbox"/> Unity |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Vacation |
| <input type="checkbox"/> Dignity | <input type="checkbox"/> Making a Difference | <input type="checkbox"/> Variety |
| <input type="checkbox"/> Diversity | <input type="checkbox"/> Money | <input type="checkbox"/> Vision |
| <input type="checkbox"/> Empathy | <input type="checkbox"/> Opportunity | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Energy | <input type="checkbox"/> Organization | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Enthusiasm | <input type="checkbox"/> Partnership | |
| <input type="checkbox"/> Enterprise | <input type="checkbox"/> Peace | |