

# Living Your Values

## Instructions:

## Values Selection Exercise

**Step 1:** From the list below select the values that you feel are most important to you (*add any that are not included in this list*). After you have chosen your values put them in order of importance.

Achievement	Adventure	Art	Balance
Challenge	Community	Creativity	Democracy
Effectiveness	Fame	Health	Helping others
Honesty	Independence	Family	Friendships
Growth	Knowledge	Laughter	Learning
Love	Loyalty	Money	Nature
Order	Pleasure	Power	Recognition
Relationships	Religion	Responsibility	Reward
Security	Self-respect	Serenity	Stability
Status	Success	Time	Truth
Connection	Wisdom	Spirituality	Understanding
Co-operation	Risk taking	Spontaneity	Openness
Awareness	Patience	Integrity	

**Step 2:** Narrow down your list to the 10 most important values in order of importance.

1

2

3

4

5

6

7

8

9

10

**Step 3:** If you could only have one value for the rest of your life which would you pick?