

Living Your Values?

Instructions:

Values with Meaning Exercise

Step 1: Below you will find a list of eleven values with descriptions. Review the list and change any descriptions as appropriate. In addition, add any additional values and descriptions that you feel are missing for you.

Step 2: Think of your future and what you would like to have in it. Rank the values in order of their importance to you, the most important being 1 and the least important being 11.

Value	Description
LEADERSHIP	To be an influential leader; to organize and control others to achieve community or organizational goals
EXPERTNESS	To be an authority on a special subject; to persevere to reach a hoped for expert level of skill and accomplishment
PRESTIGE	To be well-known; to obtain recognition, awards or high social status
SERVICE	To contribute to the satisfaction of others; to be helpful to others who need it
WEALTH	To earn a great deal of money; to build up a large financial estate
INDEPENDENCE	To have the opportunity for freedom of thought and action; to be one's own boss
AFFECTION	To obtain and share companionship and affection through immediate family and friends
SECURITY	To achieve a secure and stable position in work and financial situations
SELF-REALISATION	To heighten personal development; to realise one's full creative and innovative potential
DUTY	To dedicate oneself totally to the pursuit of ultimate values, ideas and principles
PLEASURE	To enjoy life, to be happy and content; to have the good things in life

Step 3: Questions for further exploration:

- How did you rank these values?
- Did you choose them or adopt them from other people?
- How do they differ from other people's values?
- Are there conflicts between any of the values? Eg duty/pleasure, service/leadership
- If you ranked them 10 years ago, would they have been different?