IDENTIFYING MY VALUES
2020 EDITION
FOUR-WEEK VERSION

Using the list of personal values described below, rank your top five in order of importance, with 1 being most important and 5 being least important to you.

_____ ACHIEVEMENT
It is important to challenge myself and to work hard to improve.

_____ BELONGING
It is important to be accepted by others and to feel included.

_____ CONCERN FOR ENVIRONMENT
It is important to protect and preserve the environment.

_____ CONCERN FOR OTHERS
The well being of others and helping others are important.

_____ CREATIVITY
It is important to have new ideas or to create new things.

_____ FINANCIAL PROSPERITY
It is important to be successful at making money or buying things.

_____ HEALTH AND ACTIVITY
It is important to be healthy and physically active.

_____ HUMILITY
It is important to be humble and modest about my accomplishments.

_____ INDEPENDENCE
It is important to make my own decisions and do things my way.

_____ INTERDEPENDENCE
It is important to follow the traditions and expectations of my family.

_____ OBJECTIVE ANALYSIS
It is important to use logical principles to understand and solve problems.

_____ PRIVACY
It is important to have time alone.

_____ RESPONSIBILITY
It is important to be dependable and trustworthy.

_____ SPIRITUALITY
It is important to have spiritual beliefs that reflect being a part of something greater than myself.