IDENTIFYING MY VALUES
2020 EDITION, SIX-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.