



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.