



**IDENTIFYING MY VALUES**  
**2022 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.

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**ACHIEVEMENT**

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

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**BELONGING**

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

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**CONCERN FOR ENVIRONMENT**

It is important to protect and preserve the environment.

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**CONCERN FOR OTHERS**

The well being of others and helping others are important.

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**CREATIVITY**

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

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**FINANCIAL PROSPERITY**

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

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**HEALTH AND ACTIVITY**

It is important to be healthy and physically active.

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**HUMILITY**

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

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**INDEPENDENCE**

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

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**INTERDEPENDENCE**

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

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**OBJECTIVE ANALYSIS**

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

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**PRIVACY**

It is important to have time alone.

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**RESPONSIBILITY**

It is important to be dependable and trustworthy.

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**SPIRITUALITY**

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