**What are Your Values?**

**From the list below select the values that you feel are most important to you and also add any that are not included in this list. After you have chosen your values put them in order of importance.**

Achievement Adventure Art Balance

Challenge Community Creativity Democracy

Effectiveness Fame Health Helping others

Honesty Independence Family Friendships

Growth Knowledge Laughter Learning

Love Loyalty Money Nature

Order Pleasure Power Recognition

Relationships Religion Responsibility Reward

Security Self-respect Serenity Stability

Status Success Time Truth

Connection Wisdom Spirituality Understanding

Co-operation Risk taking Spontaneity Openness

Awareness Patience Integrity ? ? ? ?[your own]

**Then narrow down your list to the 10 most important values in order of importance.**

1

2

3

4

5

6

7

8

9

10

**If you could only have one value for the rest of your life which would you pick?**

|  |
| --- |
|  |

**Which of the shortlisted values are consistently present in your daily life?**

|  |
| --- |
|  |

**Which of the shortlisted values would you like to have more present in your life?**

|  |
| --- |
|  |