

Personal Values Checklist

This exercise is designed to help you reach a better understanding of your most significant values.

Step 1: What I value most

From this list of values, both work and personal, select the ten that are most important to you as guides for how to behave, or as components of a valued way of life. Feel free to add any values of your own to this list.

Step 2: Elimination

Once you have identified ten, imagine that you are permitted to have five values. Which five would you give up? Cross them off. Now cross off another two, to bring the list down to three, and then cross off another one to bring the list to two. Finally cross off another one, which item is the one item on the list that you care most about?

Achievement	Financial gain	Power and authority
Advancement & promotion	Flexibility	Privacy
Adventure	Freedom	Public service
Affection (love and caring)	Friendship	Purity
Arts	Growth	Quality of what I take part in
Balanced lifestyle	Having a family	Quality relationships
Being around people who are open and honest	Helping other people	Recognition (respect from others, status)
Being an expert	Helping society	Religion
Building things	Honesty	Reputation
Challenging problems	Independence	Responsibility and accountability
Change and variety	Influencing others	Safety
Close relationships	Inner harmony	Security
Community	Integrity	Self-respect
Competence	Intellectual status	Sense of purpose
Competition	Involvement	Serenity
Cooperation	Job tranquillity	Sophistication
Country	Knowledge	Stability
Creativity	Leadership	Status
Decisiveness	Location	Supervising others
Democracy	Loyalty	Support
Ecological awareness	Market position	Time freedom
Economic security	Meaningful work	Tranquillity
Effectiveness	Making a difference	Truth
Efficiency	Merit	Wealth
Enterprise	Money	Wisdom
Ethical practice	Nature	Work under pressure
Excellence	Order, conformity	Work with others
Excitement	Personal development	Working alone
Fame	Physical challenge	
Fast living	Pleasure	

By C. Roberts, *Fifth Discipline Field book*