

# Values List Exercise

Clarifying your values for this stage of your life can aide you in shaping your purpose and vision.

What values are most important to you at this stage of your life? What are the values you must honor to be true to this chapter of your life?

Circle the 10 - 15 values that you feel are most important at this time, then group them together in strings.

Next, please identify the 3 values that you feel are most important to you in this phase of your life/or in your emerging phase of life. These would be values that would be a great loss for you to not have in your life.

*Example: Collaboration/Community/Full self-expression*

\*\*\*\*\*

- Achievement
- Accuracy
- Acknowledgment
- Advancement
- Adventure
- Aesthetics
- Affection
- Authenticity
- Autonomy
- Beauty
- Caring
- Challenge
- Change
- Contribution
- Collaboration
- Community
- Connectedness
- Comradeship
- Creativity
- Directness
- Economic security
- Empowerment
- Excellence
- Excitement
- Elegance
- Family happiness
- Free spirit
- Free time
- Focus
- Forward the action
- Freedom
- Friendship
- Growth

- Integrity
- Independence
- Intellectual status
- Health
- Help others
- Help society
- Humor
- Harmony
- Honesty
- Joy
- Knowledge
- Lack of pretense
- Leadership
- Leisure
- Lightness
- Location
- Loyalty
- Nurturing
- Orderliness
- Partnership
- Participation
- Performance
- Personal power
- Peace
- Pleasure
- Productivity
- Power
- Precision
- Recognition
- Responsibility
- Romance
- Risk-taking
- Self-expression
- Spirituality
- Success
- Service
- Stability
- Time Freedom
- Tradition
- Trust
- Vitality
- Wealth
- Wisdom
- Zest
- Add your own \_\_\_\_\_

Your top 3 values

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Portions of this exercise were adapted From: *Co-Active Coaching*. Whitworth, Kimsey-House; Sandahl (1998).  
Copyright 2000-2007 College of Executive Coaching.  
May be used with permission by CEC alumni.

Reprinted by Cynthia Ackrill, MD  
<http://www.cynthiaackrill.com>