

Values Clarification Exercise

Examine places to look to clarify:

1. Identify a time when life was good. Good times. Sweet times. A special moment.

Look underneath/behind your experience. What were you valuing?

2. Identify a time you were very upset. Angry. Frustrated. Helpless. Cornered. Trapped.

Turn it around (Example: freedom, choice)

3. What do you ALWAYS have handled?

4. When I am honoring this, I am more alive, energized

5. What MUST you have in your life

6. Oh, you're just such a _____. Identify extremes. (Example: perfectionist)

Now, back it up (Example: excellence, quality, accuracy)

Sample Values

Abundance	Competition	Exhilaration	Inspiration	Personal growth	Sensuality
Acceptance	Completion	Expansion	Integration	Persuasion	Serenity
Accomplishment	Conformity	Expert	Integrity	Planning	Service
Accuracy	Congruent	Faith	Intimacy	Playfulness	Sincerity
Achievement	Connection	Family	Intuition	Pleasure	Solitude
Action	Contemplation	Feeling	Invention	Power	Space
Adventure	Contentment	Flexibility	Judgment	Preparation	Spirit
Aesthetics	Contribution	Focus	Justice	Privacy	Spirituality
Alignment	Control	Forgiveness	Laughter	Process	Spontaneity
Altruism	Courage	Freedom	Leadership	Professionalism	Stimulation
Artistic	Creativity	Fun	Learning	Prosperity	Strength
Assistance	Dedication	Glamour	Love	Quest	Superiority
Attainment	Delight	Grace	Loyalty	Question	Synthesis
Augment	Dependable	Gratitude	Magic	Radiance	Tenderness
Authenticity	Devotion	Guidance	Magnificence	Realization	Thinking
Autonomy	Direct	Harmony	Mastery	Recognition	Thoughtfulness
Awareness	Discernment	Health	Movement	Refinement	Thrill
Awe	Discovery	Holistic	Mysticism	Reflection	Touch
Balance	Divinity	Honesty	Nature	Relationship	Transformation
Beauty	Drama	Honor	Nurture	Religious	Trust
Bliss	Dream	Hope	Openness	Resilience	Truth
Bravery	Educate	Humor	Orderliness	Responsibility	Understanding
Calm	Elegance	Image	Originality	Reverence	Uniqueness
Candor	Empowerment	Imagination	Partnership	Risk taking	Unity
Choice	Encouragement	Improvement	Patience	Romance	Vision
Clarity	Energy	Independence	Peacefulness	Safety	Vitality
Comfort	Enjoyment	Influence	Perception	Satisfaction	Vulnerability
Commitment	Enlightenment	Information	Perfection	Security	Wealth
Community	Entertainment	Ingenuity	Performance	Self expression	Wholeness
Compassion	Excellence	Inquisitive	Perseverance	Sensation	Will