

Personal Values Inventory

Review the following values list. Select the values that are valuable/important to you with a mark of "V." Then go back through your marked values and place another "V" by the ones that are very important to you so that you have some that are marked with "VV." If you have more than five "VV's" then go back and circle your top five with a "VV."

_____ **Power and authority** – having the ability to designate tasks and rewards for others

_____ **Leadership** – someone who enjoys being in front and regularly has people following

_____ **Adventure** – living outside the comforts of everyday life and security

_____ **Job security** – the assurance of steady employment and pay

_____ **Work on the frontiers of knowledge** – working in a company that is a forerunner to new technology and innovation

_____ **Precision work** – work in a tedious and extremely accurate environment

_____ **Peace and harmony** – the assurance of no conflict

_____ **Status** – holding a place in which others hold a high esteem

_____ **Independence** – setting the course for oneself

_____ **Affiliation** – being part of a team working toward a like goal

_____ **Problem solving** – the pursuit to resolve difficult and problematic situations

_____ **Artistic expression** – the enjoyment of conveying ideas and concepts creatively

_____ **Mental stimulation** – work that requires I use my mind and develop my intellect

_____ **Solitude** – having reflective time

_____ **Work alone** – accomplishing projects alone, without significant contact with others

_____ **Leisure** – needing enough time for personal interests and hobbies

_____ **Pressure** – stress to accomplish the mission under strict constraints

_____ **Work with others** – enjoying close relationships with coworkers as you work to accomplish like goals

_____ **Decision making** – having the power to decide courses of action, policies, etc.

- _____ **Exercise competence** – being able to work in areas I think I am talented in and can excel.
- _____ **Helping others** – supporting or assisting others either directly or indirectly.
- _____ **Friendships** – close personal relationships
- _____ **Knowledge** – pursuing knowledge for personal betterment
- _____ **Stability** – living predictably and without change
- _____ **Fast pace** – rapidly living life with little activity
- _____ **Safety** – living without fear of danger or the unknown.
- _____ **Competition** – testing my abilities against myself and others
- _____ **Financial freedom** – living without debt in a way I can meet my needs and enjoy luxuries
- _____ **Location** – living in a place that I enjoy and/or that accommodates my life
- _____ **Challenging opportunities** – activities that stretch me in new directions
- _____ **People Contact** – enjoying regular interaction with people
- _____ **Time freedom** – having responsibilities I can pursue on my schedule
- _____ **Influence People** – changing attitudes or opinions to impact people’s actions
- _____ **Structure** – enjoying contexts that provide organization and boundaries
- _____ **Responsibility** – accepting opportunities to supervise projects and people
- _____ **Health and fitness** – actively maintaining a healthy lifestyle of exercise and nutrition
- _____ **Recognition** – public acknowledgement of my achievements
- _____ **Creativity** – original expression of unique ideas, concepts, and self
- _____ **Change and variety** – living and working with flux in setting or task
- _____ **Aesthetics** – the enjoyment of beautiful things, or ideas

Values Summary

Copy your top 5 values onto this page in the following lists.

These are my 5 most important values:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Now take your 5 most important values and reword them. Write what they mean to you.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Now think about your past week. Write one activity that corresponds to each value that you did this week.

Value	Activity
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

For this final exercise, if you find you cannot find an activity for each one that is fine. That is an indicator that perhaps this value will need extra attention to ensure it is being manifested in your life.