

Values Inventory: Read through the entire list of personal values, and check the 10 most important to you. Now, number those in order of priority. This will reveal a rank ordering of your personal values.

- _____ Achievement - accomplishment, results brought about by persistence
- _____ Advancement - opportunity to make rapid moves upward
- _____ Adventure - excitement, action, fast pace, taking risks a
- _____ Affiliation - having close relationships with others; friendship
- _____ Autonomy - doing things on my own without having a lot of orders
- _____ Balance - sufficient time for balance between work and personal life
- _____ Creativity - opportunity to express my own ideas
- _____ Decisions/Power - able to decide action, being the one in charge
- _____ Economic security - freedom from money worries.
- _____ Emotional well-being - peace of mind
- _____ Help Society - serving a cause, or bettering the world
- _____ High earning - monetary rewards
- _____ Honesty/Authenticity - being frank and genuinely yourself
- _____ Humor/Fun - freedom to be spontaneous, playful
- _____ Independence - doing things by myself
- _____ Influence people - leading through knowledge or expertise
- _____ Intellectual Challenge - stimulating the mind
- _____ Justice/Fairness - wanting equity for others and myself.
- _____ Love/Family - affection, intimacy, caring, attachment to a family
- _____ Physical challenge - meeting physical demands; physical risk-taking
- _____ Physical Environment - clean, comfortable, pleasant surroundings
- _____ Recognition/Respect - acknowledgment of my contribution
- _____ Religious/Spiritual Conviction - guided by God or other higher power
- _____ Service - helping other people directly, individually or in small groups
- _____ Stability - certainty, slower pace of change
- _____ Structure - knowing what is expected within defined rules or guidelines
- _____ Tranquility - serenity; freedom from pressures and "the rat race"
- _____ Variety - new and challenging experiences; novelty, change