



## Personal Values



The back of this sheet contains two columns, each with a separate list of values in alphabetical order. Each value is accompanied by a short description and a blank space. Your goal is to rank each value in its order of importance to you for each of the two lists. Study each list and think of how much each value may act as a guiding principle in your life.

Begin with the column on the left side of the page. Select the value that is of most importance to you. Write the number 1 in the blank space next to that value. Next, choose the value that is of second in importance to you and write the number 2 in the blank next to it. Work your way through the list until you have ranked all 18 values on this page.

When you have finished ranking all 18 values, move on to the column on the right side of the page and rank the next 18 values in the same way. Please complete each list separately.

When ranking, take your time and think carefully. Feel free to go back and change your order should you have second thoughts about any of your answers. When you have completed the ranking of both sets of values, the result should bring you clarity and awareness of what's important in your life.

After you establish what's really important to you, it's easier to gain focus on the direction you want your life to take. It helps you manage your time by guiding your decisions. It helps you determine what is really worthwhile to focus your time and energy on and what things you can say "no" to. It helps you to prioritize tasks, create to-do lists and organize your time. Let this survey serve as an awareness of how to align your life in accordance with your values.

*Intrinsic Values*  
Core moral beliefs

A Comfortable Life  
a prosperous life -----

Equality  
brotherhood and equal opportunity for all -----

An Exciting Life  
a stimulating, active life -----

Family Security  
taking care of loved ones -----

Freedom  
independence and free choice -----

Health  
physical and mental well-being -----

Inner Harmony  
freedom from inner conflict -----

Mature Love  
sexual and spiritual intimacy -----

National Security  
protection from attack -----

Pleasure  
an enjoyable, leisurely life -----

Salvation  
saved; eternal life -----

Self-Respect  
self-esteem -----

A Sense of Accomplishment  
a lasting contribution -----

Social Recognition  
respect and admiration -----

True Friendship  
close companionship -----

Wisdom  
a mature understanding of life -----

A World at Peace  
a world free of war and conflict -----

A World of Beauty  
beauty of nature and the arts -----

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*Extrinsic Values*  
The means of achieving your values

Ambitious  
hardworking and aspiring -----

Broad-minded  
open-minded -----

Capable  
competent; effective -----

Clean  
neat and tidy -----

Courageous  
standing up for your beliefs -----

Forgiving  
willing to pardon others -----

Helpful  
working for the welfare of others -----

Honest  
sincere and truthful -----

Imaginative  
daring and creative -----

Independent  
self-reliant; self-sufficient -----

Intellectual  
intelligent and reflective -----

Logical  
consistent; rational -----

Loving  
affectionate and tender -----

Loyal  
faithful to friends or the group -----

Obedient  
dutiful; respectful -----

Polite  
courteous and well-mannered -----

Responsible  
dependable and reliable -----

Self-controlled  
restrained; self-discipline -----

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\*\* Rokeach Value Survey. Rokeach, M. (1973). The Nature of Human Values. New York: The Free Press.

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