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Identifying Your Top 12 Values

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Directions for doing the exercise are as follows:

1. Start by crossing off the items that are NOT IMPORTANT to you.
2. Then, go through the list again, circling as many of the items that are VERY IMPORTANT to you.
3. The remainder of the list items will essentially be the things that are IMPORTANT but not VERY IMPORTANT.
4. Next, review the VERY IMPORTANT items. Consider whether there is a value missing that matters a lot to you and has not been listed – add that one in. From this group, select the 7 things that are MOST IMPORTANT to you.
5. Then, rank these 7 MOST IMPORTANT values with the values from the VIA assessment, with number one being your MOST IMPORTANT value for a total of 12.

1. Achievement
2. Advancement
3. Adventure
4. Arts
5. Autonomy
6. Belonging
7. Beauty
8. Challenge
9. Change
10. Communication
11. Community
12. Competence
13. Competition
14. Cooperation
15. Collaboration
16. Country
17. Creativity
18. Curiosity
19. Decisiveness
20. Democracy
21. Diversity
22. Environmental Responsibility
23. Efficiency
24. Equality
25. Excellence
26. Excitement
27. Expertise
28. Fairness
29. Fame
30. Family
31. Financial Gain
32. Freedom

33. Freedom
34. Friendship
35. Fun
36. Health
37. Helping Others
38. Helping Society
39. Honesty
40. Humor
41. Independence
42. Influencing
43. Innovation
44. Harmony
45. Integrity
46. Intellectualism
47. Involvement
48. Knowledge
49. Leadership
50. Learning
51. Leisure
52. Location
53. Love
54. Loyalty
55. Mastery
56. Meaningful Work
57. Merit
58. Nature
59. Openness
60. Order
61. Personal Expression
62. Pleasure
63. Power
64. Prestige

65. Privacy
66. Productivity
67. Quality
68. Recognition
69. Relationships
70. Religion
71. Reputation
72. Respect
73. Responsibility
74. Security
75. Self-awareness
76. Self-respect
77. Self-realization
78. Serenity
79. Sophistication
80. Spirituality
81. Stability
82. Status
83. Structure
84. Teamwork
85. Truth
86. Variety
87. Wealth
88. Wisdom
89. Work/Life Balance
90. (Add your own here)
91. (Add your own here)
92. (Add your own here)
93. (Add your own here)
94. (Add your own here)
95. (Add your own here)
96. (Add your own here)

Rank-Ordered Values

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.