

# Values Identification

$IQ + EQ + CQ = \text{Success}$

## INSTRUCTIONS

Using the list below, circle your top seven values. FEEL FREE to add values that do not appear on the list.

[If you're having difficulty identifying which values matter most, this sentence may help: Without \_\_\_\_\_, life would be/feel lousy.]

List your seven values in no particular order, for example:

Challenge  
Advancement  
Balance  
Stability  
Leisure  
Generosity  
Teamwork

Then, using the letters A-G, assign a letter to each value, for example:

A Challenge  
B Advancement  
C Balance  
D Stability  
E Leisure  
F Generosity  
G Teamwork

Using the prioritization worksheet on the following page, compare each value to every other value by circling the letter corresponding to the value that matters to you more.

For example, as between value A & value B, circle A or B depending on which matters more. In the example here, if Challenge matters more than Advancement, circle A. If Advancement matters more than Challenge, circle B.

A A A A A A  
B C D E F G

Repeat for A to C, A to D, etc., circling the value that matters more. When you have finished comparing value A to each of the remaining values, do the same for each of the other values, e.g. B to C, B to D, B to E, etc.

Tally the number of As, Bs, Cs, Ds, Es, Fs & Gs and insert the number on the line on the right side of the page.

To test whether a value is real or ideal, note whether you have invested either time or money in developing it in your life.



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## Values, Beliefs or Desirable Characteristics

Accomplishment	Family security	Respect
Achievement	Forgiving	Responsibility
Accountability	Free choice	Restrained
Advancement	Freedom	Risk
Adventure	Friendship	Salvation
Affection	Fun	Security
Affectionate	Generosity	Self-control
Affiliation	Genuineness	Self-improvement
Altruism	Happiness	Self-reliance
Ambition	Health	Self-respect
Artistic expression	Helpfulness	Significance
Assisting others	Honesty	Sincerity
Authority	Independence	Social Justice
Autonomy	Influence	Spirituality
Balance	Inner harmony	Stability
Beauty	Improving society	Status
Being the best	Innovativeness	Success
Belonging	Integrity	Symbolism
Broad or open-mindedness	Intellect	Taking risks
Calmness	Involvement	Teamwork
Caring	Imagination	Tidiness
Caution	Joy	Tenderness
Certainty	Learning	Tolerance
Challenge	Leisure	Tradition
Cheerfulness	Logic	Tranquility
Cleanliness	Love	Variety
Comfortable life	Loving	Wealth
Community	Loyalty	Winning
Companionship	National security	Wisdom
Competent	Nature	
Competitiveness	Obedience	<b>Other?</b>
Contribution	Order	
Conformity	Organization	
Consistency	Peace	
Contentedness	Personal development	
Control	Pleasure	
Cooperation	Politeness	
Courage	Power	
Courteousness	Prestige	
Creativity	Pride	
Curiosity	Public Policy	
Dependability	Quality	
Discipline	Rationality	
Economic security	Recognition	
Education	Reliable	
Effectiveness	Religion	
Equality		
Exciting life		
Fairness		
Fame		
Family happiness		

# Values Identification Worksheet

AAAAAA  
BCDEFG

\_\_\_\_\_ As

BBBBB  
CDEFG

\_\_\_\_\_ Bs

CCCC  
DEFG

\_\_\_\_\_ Cs

DDD  
EFG

\_\_\_\_\_ Ds

EE  
FG

\_\_\_\_\_ Es

F  
G

\_\_\_\_\_ Fs

\_\_\_\_\_ Gs

Total \_\_\_\_\_ (should be 21)