

RANK YOUR VALUES

Below is a list of common qualities or states that people value. It is not an exhaustive list, so if you think of others, please write them down on a blank sheet of paper. Review the list, then rank, in order of importance, the top five values in each area of your life. You should choose five values, ranked 1 through 5, for each area. There may be many values you consider important that do not get ranked because they are not in the top five.

Values:	Work	Love	Play	Spirituality	Physical Well-Being
Achievement					
Adventure					
Calm/peace					
Challenge					
Collaboration					
Compassion					
Competence					
Competition					
Courage					
Creativity					
Dependability					
Dignity					
Discipline/order					
Excellence					
Fairness					
Flexibility					
Friendliness					
Fun/enjoyment					
Generosity					
Getting along/harmony					
Health					
Helping others					
Honesty					
Independence					
Individuality					
Innovation					
Intellectual stimulation					
Loyalty					
Open communication					
Persistence					
Respect					
Responsibility					
Security					
Wisdom					