



Values Clarification Template - Building your time around your Values

Check out the possibilities and consider what matters to you – feel free to add to this list...
Rank your key values – 1 as most important to you – 10 as least.

Adventure	Making a Contribution	Stability
Success	Belonging	Fairness
Connecting with others	Choice	Health
Honesty	Self-Respect	Sharing
Creativity	Advancement	Knowledge
Fun	Nature	Family Time
Autonomy	Variety	Recognition
Loyalty	Transcendence	Money
Making a difference	Connection with Nature	Independence
Spirituality	Competence	Risk taking
Being at my best	Popularity	Safety
Being in control	Fast Pace	Meaningful Work
Compassion	Excellence	Reason and Rationality
Helping others	Spontaneity	Solitude
Integrity	Friends	Time for thinking
Analysis and accuracy	Time	Wisdom
Being in the moment	Leading others	Travel
Security	Time for Reflection	Children
Working behind the scenes	Expressiveness	Competence
Efficiency	Home	Being out front
Imagination	Laughter	Decisiveness
Intimacy	Comfort	Inspiration
Responsibility	Authenticity	Pragmatism
Humour	Play	Leaving your mark
Cruising through life	Being Influential	Relaxation
Learning and growth	Serendipity	Self-expression

Now that you have given this some thought:

- Write in the date below and save this document
- Revisit this form often and resave with a new date
- Understand that while fundamental values will remain some will rise to the top in different phases of your life
- Go with your flow

Date _____

My top ranking values priorities as of today

- 1.
- 2
- 3
- 4.
- 5.