

Values Exercise

Directions: Rank each of the following values 1–16 (or more). Clarify the definitions if you need to. No ties! (Drawn from Ken Rouse, Putting Money in it's Place)

_____ **ACHIEVEMENT:** To accomplish something important in life, to succeed at what I am doing

_____ **AESTHETICS:** To be able to appreciate beauty and be creative

_____ **AUTHORITY/POWER:** To be a key decision maker and direct other's activities

_____ **ADVENTURE:** To experience variety and excitement, and to respond to challenging opportunities

_____ **AUTONOMY:** To be independent, to have freedom and do what I want to do

_____ **HEALTH:** To be physically, mentally and emotionally well, to feel energetic and to have a sense of well being

_____ **INTEGRITY:** To be honest and straightforward, just and fair

_____ **FRIENDSHIP:** To have close personal relationships, to share love with family and friends

_____ **PLEASURE:** To experience enjoyment and satisfaction from activities in which I participate

_____ **RECOGNITION:** To be seen as successful, receive acknowledgement for achievement

_____ **SECURITY:** To feel stable and comfortable with few changes or anxieties in my life

_____ **SENSE OF HUMOR:** To keep life experiences in perspective through appropriate use of humor

_____ **SERVICE:** To provide for the community through contributing time, money, or skills

_____ **SPIRITUAL GROWTH:** To have harmony with the infinite source of life

_____ **FINANCIAL WEALTH:** To acquire enough money to be financially independent

_____ **WISDOM:** To have insight, to be able to pursue new knowledge and have clear judgment

_____ **OTHER** _____