



# The Values Survey

## Instructions:

- The goal of this exercise is to help you clarify what is important to you.
- There are no right or wrong answers.
- First read through the list of values below without marking any of the values.
- Read through a second time. This time **circle** your top 5 to 10 values. There is no need to rank or order these, unless you feel it would be helpful.
- You may find it hard to decide which values to choose. Many of these values are desirable. Think about what is important to you or what you would like to be guiding values in your life. Based on what you learned about yourself from the Funeral Exercise, you can also think about what values you believe will be important to you in the future.
- Some of the values have multiple descriptors. You don't have to value all of them.
- These are for you and you only. So be as honest with yourself as you can.
- If there are values that are important to you but are not listed, write them down in the Other option at the bottom. The list below is not exhaustive. There are many other types of values not included.

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Independence/Self-Direction/Freedom	Hard Work/ Industriousness/ Persistence/Productivity	Status/Recognition	Spirituality
Fun/Pleasure/ Stimulation/Play	Success/ Accomplishment/ Achievement	Prestige	Tradition
Having/Searching for a Larger Meaning	Learning/Growing/Improving	Influencing Others	Family
Leaving a Legacy for Future Generations	Peace/Quiet	Adventure/Excitement	Luxury
Harmonious Social Relationships	Self-Expression	Health/Fitness	Wealth/Money
Being Kind/Friendly/ Helpful/Supportive	Activity/Intensity/Energy	Courage/Bravery	Protecting the Environment
Contributing/Giving Back	Skepticism/Keeping the World Accountable	Loyalty/Trustworthiness	Nature
Social Justice/Fairness	Honesty/Authenticity	Creativity	Inner Calm
	Competition/Winning	Art/Beauty	Wisdom/Knowledge
		Personal Safety/ Security/Stability	Other:_____
		Regional/National Security/Stability	Other:_____
			Other:_____

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Now, look back at your top 5 to 10 values that you circled. Look at one value at a time. For each one, ask yourself:

**Am I living my life in line with these values?**

If your answer is "yes," then great! Keep up the great work.

If your answer is "no" or "sort of", you need to take a look at your priorities.