

## Values Checklist<sup>1</sup>

From this list: (1) add any important values not on the list, then select the ten most important; (2) cross off five you're willing to give up; (3) cross off four more; (4) cross off one of the remaining two, leaving the one value you hold most dear.

Achievement	Helping other people	Quality relationships
Advancement/promotion	Helping society	Recognition (respect, status)
Adventure	Honesty	Religion
Affection (love and caring)	Independence	Reputation
Arts	Influencing others	Security
Challenging problems	Inner harmony	Self-respect
Change and variety	Integrity	Serenity
Close relationships	Intellectual status	Sophistication
Community	Responsibility/accountability	Stability
Competence	Job tranquility	Status
Competition	Knowledge	Supervising others
Cooperation	Leadership	Time freedom
Involvement	Location	Truth
Country	Loyalty	Wealth
Creativity	Market position	Wisdom
Decisiveness	Meaningful work	Work under pressure
Democracy	Merit	Work with others
Ecological awareness	Money	Working alone
Economic security	Nature	
Effectiveness	Being around honest people	
Efficiency	Order	
Ethical practice	Personal development	
Excellence	Freedom	
Excitement	Physical challenge	
Fame	Pleasure	
Fast living	Power and authority	
Financial gain	Privacy	
Friendships	Public service	
Growth	Purity	
Having a family	Quality of what I take part in	

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<sup>1</sup> Based on C. Roberts, *Fifth Discipline Fieldbook*