**Values Clarification Exercise**

The goal of this exercise is to identify personal values and determine if you are truly living a life aligned with them.

**Step 1:** Circle behaviors that you personally value from the list below. If you do not see something on the list that you value, use the blank spaces to write-in your own.

**Step 2:** Rate your top 3 most important ***personal, peer, & community*** values, and write them down in the boxes below.

**Step 3:** Next to each value write down behaviors and actions that support your values and then write down what you may have done to compromise these values.

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| --- | --- | --- | --- | --- |
| Family | Trust | Work | Honor | Commitment |
| Love | Respect | Courage | Happiness | Spirituality |
| Religion | Honesty | Loyalty | Hope | Forgiveness |
| Responsibility | Duty | Stability | Kindness | Dependability |
| Recognition | Self-control | World peace | Compassion | Self-knowledge |
| Health | Personal growth | Passion | Gratitude | Equality |
| Tradition | Status | Companionship | Strength | Wealth |
| Diversity | Flexibility | Status | Integrity | Intimacy |
| Faithfulness | Humor | Teamwork | Pets | Security |
| Adventure | Fearlessness | Wisdom | Travel | Openness |
| Children | Support | Empathy | Solitude | Humbleness |
| Partnership | Reliability | Ethical | Openness | Fairness |
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| **Personal Values** | **Behaviors and actions that *support* your values** | **Have you *compromised* your values? How?** |
| **1.** |  |  |
| **2.** |  |  |
| **3.** |  |  |

|  |  |  |
| --- | --- | --- |
| **Peer Values** | **Behaviors and actions that *support* your values** | **Have you *compromised* your values? How?** |
| **1.** |  |  |
| **2.** |  |  |
| **3.** |  |  |

|  |  |  |
| --- | --- | --- |
| **Community Values** | **Behaviors and actions that *support* your values** | **Have you *compromised* your values? How?** |
| **1.** |  |  |
| **2.** |  |  |
| **3.** |  |  |