

## Values Clarification - What is Most Important to You?

### Purpose:

This activity is meant to help you write positive, clarifying statements about yourself and your values. Most likely, you already know what some of these are - but clarifying your values will make it much easier for you to make quick decisions about how to spend your time, or how to react to anything that happens.

### Principles:

- **Personally Meaningful & Clear** - The way that you interpret a value may not be the exact same way that another person might, so this exercise is all about clarifying exactly what you do mean when you say, "I value honesty." To you this may mean, "I never tell a lie", but to another person it might mean, "I am honest and thorough in telling my boss about all of the issues affecting a particular problem."
- **Based on Principles That You Can Verify** - The reason this aspect is important is that throughout human history, there are certain enduring principles that will bring you success in life, no matter the arena. To reach your greatest potential, you must follow the example of great leaders throughout history and align yourself with principles that work in the world (For example
- **Relevant to How You Actually Make Decisions in Your Life** - Don't write down the following: "what your Mom or Dad think you should do", or "what your girlfriend or fiance or wife thinks you should value", or even "what my Chapter Advisor wants me to value". Write about the ideas that are actually at the forefront of your mind when you decide how to handle situations in your life.

### Questions to Get You Thinking:

What ideas or values are most important to you in your life?

As you go about your day, what are the thoughts that you use to keep you focused on what is most important to you?

If an outsider watched you go through a typical week, what would he say is most important to you?

### Guidelines:

- When writing your values down, be sure to use positive terminology such as "I am", "I do", and "I will."
- Use phrases such as, "To me, this value means \_\_\_\_\_, not \_\_\_\_\_."
- Use examples such as, "This value (honesty) came into play last week, when I spoke with James. I made sure to not only 'not tell a lie', but also to 'leave the right impression' with James so that he understood my situation."

### Next Actions:

- ✓ Complete the Values Clarification worksheet

**List of Potential Values:**

Authenticity  
Beauty  
Career  
Compassion  
Courage  
Discipline  
Education  
Fitness  
Gratitude  
Humor  
Innovation  
Knowledge  
Logic  
Love  
Loyalty  
Patience  
Persistence  
Relationships  
Respect  
Spirituality  
Teamwork  
Tenacity  
Wonder

**Value:** Being Prepared

**Clarifying Statements:** I am on time to all of my professional appointments and meetings. I have reviewed the agenda and have written out my questions and additions. I have anticipated further questions that I will receive. I have time allotted in my schedule to do follow up work after this meeting

**Value:**

**Clarifying Statements:**

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