



Values Exercise

What's important to you?

Directions: Rank each of the following values 1-16 (or more). You must 'Rank' each one, i.e., NO ties!
(Drawn from Ken Rouse, *Putting Money in its 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 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** _____

___ **OTHER** _____

