

The Values Game

This will help you discern what your values are, what they mean to you and how you can use them to create what you want in your life.

Playing the Game

First look over the list of commonly held values (below). If you do not see something listed that you consider a value, add it in the extra space. If you want to change any of the values to a word that means more to you or revise any of the brief descriptions, feel free. Remember these are your values.

Once you've revised the list to suit your values, select 15 that truly speak to you by checking the box next to that value. Got it? Start.

- Family Happiness
- Health
- Competitiveness (winning, taking risk)
- Friendship (close relationship with others)
- Affection (love, caring, ECT.)
- Wisdom (discovering and understanding knowledge)
- Cooperation (working well with others, teamwork)
- Fame (being well known or famous)
- Achievements (a sense of accomplishment)
- Wealth (getting rich, making money)
- Economic Serenity
- Freedom (independence and autonomy)
- Integrity (honest, sincerity, standing up for oneself)
- Inner Harmony (being at peace with oneself)
- Creativity (being imaginative, innovative)
- Helpfulness (helping others, improving society)
- Personal Development (use of personal potential)
- Self Respect (sense of personal identity, pride)
- Recognition (status, recognition from others)
- Advancement (promotions)
- Religion/Spirituality (strong religious/spiritual beliefs)
- Loyalty
- Adventure (new challenges)
- Involvement (belonging, being involved with others)
- Economic Security

- Pleasure (fun, laughs, a leisurely lifestyle)
- Power (control, authority, or influence over other people)
- Responsibility (being accountable for results)
- Order (stability, conformity, and tranquility)
- Gender (having strong identity to gender)
- Culture (race or ethnicity identity)
- _____

Got your 15? If so, that's great! Now narrow it down to your top ten. It's not easy, but you have to get the list down to ten values. Cross out the ones you're giving up.

From the list of your top ten values, now select the five that are most important to you.

From the list of your top five values you must select the top one, the one out of all five that speaks to you. Do not discard the rest, they are still important to you, you just want to select the one that when all else fails, you revert to. This is what your life is oriented around. Now you can select your number two value, number three, and so on. When you have selected your number one value write a definition for it, defining what exactly it means to you.

After the workshop feel free to write your personal definitions for the other four values.

Thanks for playing!

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