

## PERSONAL VALUES SELF-ASSESSMENT

The next page contains two columns, each with a separate list of values in alphabetical order. Each value is accompanied by a short description and a blank space. Your goal is to rank each value in its order of importance to you for each of the two lists. Study each list and think of how much each value may act as a guiding principle in your life.

On the following pages are two lists of values; 18 terminal values and 18 instrumental values.

- Terminal values are “end result” values describing what you want to get out of life.
- Instrumental values are the ways you seek to accomplish your terminal values.

Begin with the column on the left side of the page. Select the value that is of most importance to you. Write the number 1 in the blank space next to that value. Next, choose the value that is of second in importance to you and write the number 2 in the blank next to it. Work your way through the list until you have ranked all 18 values on this page.

When you have finished ranking all 18 values, move on to the column on the right side of the page and rank the next 18 values in the same way. Complete each list separately.

When ranking, take your time and think carefully. Feel free to go back and change your order should you have second thoughts about any of your answers. When you have completed the ranking of both sets of values, the result should bring you clarity and awareness of what’s important in your life.

Let this self-assessment serve as an awareness of how to align your life in accordance with your values.

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<u>TERMINAL Values</u>		<u>INSTRUMENTAL Values</u>	
What is it you want most out of life?		What is most important to you about the way you go about achieving your Terminal values?	
<b>A Comfortable Life</b> a prosperous life		<b>Ambitious</b> hardworking and aspiring	
<b>Equality</b> brotherhood and equal opportunity for all		<b>Broad-minded</b> open-minded	
<b>An Exciting Life</b> a stimulating, active life		<b>Capable</b> competent; effective	
<b>Family Security</b> taking care of loved ones		<b>Clean</b> neat and tidy	
<b>Freedom</b> independence and free choice		<b>Courageous</b> standing up for your beliefs	
<b>Health</b> physical and mental well-being		<b>Forgiving</b> willing to pardon others	
<b>Inner Harmony</b> freedom from inner conflict		<b>Helpful</b> working for the welfare of others	
<b>Mature Love</b> sexual and spiritual intimacy		<b>Honest</b> sincere and truthful	
<b>National Security</b> protection from attack		<b>Imaginative</b> daring and creative	
<b>Pleasure</b> an enjoyable, leisurely life		<b>Independent</b> self-reliant; self-sufficient	
<b>Salvation</b> saved; eternal life		<b>Intellectual</b> intelligent and reflective	
<b>Self-Respect</b> self-esteem		<b>Logical</b> consistent; rational	
<b>A Sense of Accomplishment</b> a lasting contribution		<b>Loving</b> affectionate and tender	
<b>Social Recognition</b> respect and admiration		<b>Loyal</b> faithful to friends or the group	
<b>True Friendship</b> close companionship		<b>Obedient</b> dutiful; respectful	
<b>Wisdom</b> a mature understanding of life		<b>Polite</b> courteous and well-mannered	
<b>A World at Peace</b> a world free of war and conflict		<b>Responsible</b> dependable and reliable	
<b>A World of Beauty</b> beauty of nature and the arts		<b>Self-controlled</b> restrained; self-discipline	

## PERSONAL VALUES SELF-ASSESSMENT

Top 5 TERMINAL Values in Order from High to Low	Top 5 INSTRUMENTAL Values in Order from High to Low

### Questions to explore further

- How do they make you feel?
- Do you feel they are consistent with who you are?
- Are they personal to you?
- Do you see any values that feel inconsistent with your identity (as if they belong to someone else, like an authority figure or society) and not you?
- Check your priority ranking. Do you feel like your values are in the proper order of importance?