

# Values Elicitation Exercise

From the list below select the values that you feel are most important to you and also add any that are not included in this list. After you have chosen your values put them in order of importance.

- Achievement
- Challenge
- Effectiveness
- Honesty
- Growth
- Love
- Order
- Relationships
- Security
- Status
- Connection
- Co-operation
- Awareness
- Adventure
- Community
- Fame
- Independence
- Knowledge
- Loyalty
- Pleasure
- Religion
- Self-respect
- Success
- Wisdom
- Risk taking
- Patience
- Art
- Creativity
- Health
- Family
- Laughter
- Money
- Power
- Responsibility
- Serenity
- Time
- Spirituality
- Spontaneity
- Integrity
- Balance
- Democracy
- Helping others
- Friendships
- Learning
- Nature
- Recognition
- Reward
- Stability
- Truth
- Understanding
- Openness

Then narrow down your list to the 10 most important values in order of importance.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

If you could only have one value for the rest of your life which would you pick?