

VALUES EXERCISE

1. From this list of values, select the ten that are most important to you. Feel free to add any of your own values to this list.

Achievement	Friendships	Physical challenge
Advancement	Growth	Pleasure
Adventure	Having a family	Power & authority
Affection	Helping other people	Privacy
Arts	Helping society	Public service
Challenging problems	Honesty	Purity
Change & variety	Independence	Quality of what I take part in
Close relationships	Influencing others	Quality relationships
Community	Inner harmony	Recognition (respect, from others, status)
Competence	Integrity	Religion
Competition	Intellectual status	Reputation
Cooperation	Involvement	Responsibility & accountability
Country	Job tranquility	Security
Creativity	Knowledge	Serenity
Decisiveness	Leadership	Sophistication
Democracy	Location	Stability
Ecological awareness	Loyalty	Status
Economic security	Market position	Supervising others
Effectiveness	Meaningful work	Time freedom
Efficiency	Merit	Truth
Ethical practice	Money	Wealth
Excellence	Nature	Wisdom
Excitement	Being around people who are open & honest	Work under pressure
Expertise	Order (tranquility, stability, conformity)	Work with others
Fame	Personal development (living up to the fullest use of my potential)	Working alone
Fast living		
Fast-paced work		
Financial gain		
Freedom		

2. Now that you have selected ten, reduce that list to five. Reduce the list to four, then three, then two, then one. Note: This is difficult but very a necessary step in the process.
3. Take a look at your top three values. What do they mean exactly? Write a few sentences that tell what each of them means to you. What would your life/work be like if these values were prominent and practiced?

Source: **The Fifth Discipline Fieldbook**, Senge, Ross, Smith, Roberts & Kleiner (1994)