

Basic Values Clarification

WHAT REALLY IS IMPORTANT TO ME?

Instructions: Ask yourself this question over and over as you scan the following words. Place a dot beside anything that leaps out at you on a 'first pass' then go through again, and again, placing additional dots beside the ones you resonate with until you have refined to no more than 25 things.

Your final pass will be the most challenging... to reduce the 25 to what is really important to you in your life right now summed up in 5-7 values.

Note: This list is clearly not exhaustive so choose language that works best for you if what is really important to you is not listed here. Give yourself at least two times through even if you are pretty clear already.

Ability	000	Celebration	Contribution
Abundance		Celebrity	Convenience
Acceptance		Certainty	Co-operation
Accomplishment		Challenge	Courage
Achievement		Change	Courtesy
Acknowledgement		Character	Creativity
Adventure		Cheerfulness	Culture
Affection		Children	Curiosity
Animals		Chivalry	Decadence
Anonymity		Choice	Decency
Appearance		Civility	Decisive
Appreciation		Clarity	Dedication
Aspiration		Colleagues	Delight
Assertiveness		Colour	Desire
Authenticity		Comfort	Determination
Authority		Communication	Development
Autonomy		Community	Devotion
Balance		Companion	Difference
Beauty		Compassion	Direction
Benevolence		Competence	Discernment
Boldness		Completion	Discipline



	Boundaries		Conduct		Dreams
nnn	Bravery		Confidence		Duty
	Caring		Conforming		Earth
	Cash		Consciousness		Ease
	Career		Connection		Education
	Causes		Consequences		Effectiveness
	Ego		Glamour		Intellect
	Emotions		Glory	ÖÖÖ	Intelligence
	Employment		God		Intention
	Encouragement		Goodness		Interdependence
	Endurance		Government		Intimacy
	Energy		Grace		Intuition
	Enjoyment		Gratitude	onn	Isolation
000	Entertainment	000	Greatness	oan	Journey
000	Enthusiasm	000	Growth	oon	Joy
000	Environment – local	000	Guidance	000	Justice
000	Environs - personal	000	Happiness	000	Kindness
000	Environs – global	000	Harmony	000	Knowledge
000	Environs - universal	000	Healing	000	Language
000	Esteem	000	Health	000	Laughing
000	Equality	000	Holidays	000	Law
000	Excellence	000	Honesty	000	Leadership
	Excitement	000	Honour	000	Learning
	Exercise		Hope		Leisure
	Experience		Home		Liberty
	Extravagance	000	Humanity	000	Life
	Faith		Humility		Lineage
	Family		Humour		Literature
	Fame		Husband		Livelihood
	Feelings		Ideals		Looks
	Fellowship		Identity		Love
	Fidelity		Illumination		Loyalty
	Finances		Imagination		Luck
	Fitness		Importance		Lust
	Flexibility		Improvement		Luxury
	Flow		Inclusion		Magic
	Food		Independence		Mana
	Forgiveness		Indulgence		Manners

Freedom
Function Inner Harmony Meaningful work Inspiration Meditation Meditation Generosity Integrity Memory Mentor Perseverance Relevance Mercy Perspective Religion Merit Play Reputation Method Pleasure Respect Military Popularity Responsibility Mind Position Rest Miracles Positivity Riches Mission Possessions Romance Money Possibility Rules Morals Power Salary Mystery Practice Satisfaction Nationhood Prayer Skepticism Nature Preparation Secrets
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Mystery Practice Satisfaction Nationhood Prayer Skepticism Nature Preparation Secrets
Nationhood Prayer Skepticism Nature Preparation Secrets
Nature Preparation Secrets
000 1107
Normality Pride Security
Nomadic Principles Self-esteem
Nothing Privacy Self-respect
Nourishment Profession Self-
acceptance
Nurturing Progress Self-worth
Obedience Promotion Sensitivity
Obligation Property Service
Openness Prosperity Serenity
Optimism Punctuality Sexuality
Options Purity Significance
Order Purpose Silence
Originality Qualifications Sisterhood
Outcomes Quality Society
Ownership Quantity Social life
Parenting Quiet Solitude
Partnership Rank Solutions
Passion Reason Spirituality



Patience	000	Rebelliousness		Stability
Peace		Reciprocity		Stamina
Perception		Recognition		Status
Perfection		Reconciliation		Stimulation
Performance		Redemption		Strength
Permanence		Reflection		Style
Permission		Regulation		Success
Support		Truth	ANYTHIN	G ELSE?
Surrender		Trust		
Survival		Vision		
Sustainable		Vitality		
Talent		Voice		
Teamwork		Waste		
Temptation		Wealth		-
The Past		Wholeness		
The Future		Wild		
Thought		Willing		
Thrills		Winning		
Time		Wisdom		
Tolerance		World		
Touch	000	Work		
Travel		Youth	000	

WHAT REALLY IS IMPORTANT TO ME?

From your list of 25, choose the most important 7 ie: the 7 things that are the most important of all for you right now in your life (they don't have to be in order of importance).

MY VALUES — What is important to me in my life NOW as at: (Insert today's date)			
1.			
2.			
3.			
4.			
5.			
6.			
7.			
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