

Values Sort Exercise

**First pick your top 10 Values. Check or mark those on the first line.
Next, prioritize 1 – 10 on the second line. “1” being your TOP value.**

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| _____ | _____ | 1. To be wealthy |
| _____ | _____ | 2. To have financial security |
| _____ | _____ | 3. To have respect from others |
| _____ | _____ | 4. To have recognition- to be well-known to other people |
| _____ | _____ | 5. To have personal freedom and independence |
| _____ | _____ | 6. To have time to be with family |
| _____ | _____ | 7. To have spirituality and faith |
| _____ | _____ | 8. To live in an organized, clean, structured environment |
| _____ | _____ | 9. To have a structured, consistent personal routine and
schedule |
| _____ | _____ | 10. To be punctual |
| _____ | _____ | 11. To use time efficiently |
| _____ | _____ | 12. To have time to be in solitude |
| _____ | _____ | 13. To have influence over others |
| _____ | _____ | 14. To be creative |
| _____ | _____ | 15. To accumulate knowledge |
| _____ | _____ | 16. To be appreciated |
| _____ | _____ | 17. To enjoy good health |
| _____ | _____ | 18. To take on challenges |
| _____ | _____ | 19. To experience excitement and adventure |
| _____ | _____ | 20. To be competitive |
| _____ | _____ | 21. To be productive |
| _____ | _____ | 22. To feel inner peace |
| _____ | _____ | 23. To experience love and affection |
| _____ | _____ | 24. To be of service to others |
| _____ | _____ | 25. To gain wisdom and insight |
| _____ | _____ | 26. To enjoy cultural activities |
| _____ | _____ | 27. To have honest and close relationships with others |
| _____ | _____ | 28. To achieve personal goals |
| _____ | _____ | 29. To have fun |
| _____ | _____ | 30. To live with integrity |