



VALUES CLARIFICATION EXERCISE

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HOW TO DO THIS EXERCISE

Values Clarification is an informative exercise that is helpful in getting to understand ourselves. Our value systems are largely unconscious and understanding what they are then it helps reinforce our why. Deep down inside, what is important to you? What do you want your life to stand for? What sort of qualities do you want to cultivate as a person? How do you want to be in your relationships with others? Values are our heart's deepest desires for the way we want to interact with and relate to the world, other people, and ourselves. They are leading principles that can guide us and motivate us as we move through life. Values reflect what you want to do, and how you want to do it. They are about how you want to behave towards your friends, your family, yourself, your environment, your work, and so on.

VALUES EXERCISE INSTRUCTIONS:

(Adapted from **Identity and Destiny**: Finding your God Given Sweet Spot by Tom and Palm Wolf)

1. Go through all 80 words in column 1, comparing two words at a time. For example, compare words 1 and 2, pick the word that resonates with you the most (or that is important to you), and enter it in the next space in column 2. When you have done this for all 80 words in column 1, then do the same for the 40 words remaining in column 2.
2. When you have 20 words in column 3, review the list and see how it “feels” to you. Then take each of the 20 words and follow the branch back through column 1 and 2 to see if there are words that resonate strongly but may have missed the cut or may be duplicated by other words. If you want to make changes to this list based on your review, feel free to do it before you move forward.
3. Next, resume the comparison and process of elimination for the 20 words remaining in column 3. This will result in your top 10 words (or core values) in column 4.

VALUES CLARIFICATION EXERCISE

COLUMN A	NARROW DOWN TO 40	NARROW DOWN TO 20	NARROW DOWN TO 10
1. Acceptance			
2. Accountability			
3. Accomplishment			
4. Attitude			
5. Authenticity			
6. Balance			
7. Boldness			
8. Character			
9. Collaboration			
10. Commitment			
11. Compassion			
12. Competence			
13. Confidence			
14. Contentment			
15. Courage			
16. Creativity			

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COLUMN A	NARROW DOWN TO 40	NARROW DOWN TO 20	NARROW DOWN TO 10
17. Dedication			
18. Dependability			
19. Devotion			
20. Discipline			
21. Discovery			
22. Diversity			
23. Efficiency			
24. Empathy			
25. Encouragement			
26. Endurance			
27. Enthusiasm			
28. Excellence			
29. Fairness			
30. Family			
31. Fitness			
32. Generosity			

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COLUMN A	NARROW DOWN TO 40	NARROW DOWN TO 20	NARROW DOWN TO 10
33. Gentleness			
34. Goodness			
35. Growth			
36. Honesty			
37. Honor			
38. Hope			
39. Humility			
40. Humor			
41. Independence			
42. Integrity			
43. Intimacy			
44. Joy			
45. Justice			
46. Kindness			
47. Leadership			
48. Learning			

VALUES CLARIFICATION EXERCISE

COLUMN A	NARROW DOWN TO 40	NARROW DOWN TO 20	NARROW DOWN TO 10
49. Love			
50. Loyalty			
51. Obedience			
52. Openness			
53. Order			
54. Passion			
55. Patience			
56. Peace			
57. Perseverance			
58. Personal Growth			
59. Quality			
60. Relationship			
61. Reliability			
62. Respect			
63. Sacrifice			
64. Security			

VALUES CLARIFICATION EXERCISE

COLUMN A	NARROW DOWN TO 40	NARROW DOWN TO 20	NARROW DOWN TO 10
65. Self-control			
66. Self-discipline			
67. Selflessness			
68. Simplicity			
69. Spirituality			
70. Steadfast			
71. Submission			
72. Teachable			
73. Teamwork			
74. Thankfulness			
75. Tranquility			
76. Transparency			
77. Trustworthiness			
78. Truth			
79. Unity			
80. Wisdom			

YOUR VALUES

From the 10 core values in column 4, pick your top 5 values

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

YOUR VALUES

You've picked your values, now make 2-3 commitments of things you'll start doing or change to live by those values.

a. _____

b. _____

c. _____