



Greater Cincinnati Leadership and Ethics Seminar

Values Exercise

Values are your beliefs that help you make your decisions. This exercise can help you determine the values that are most important to you and then help you understand why you make the decisions you do, or, help you make decisions more in tune with the values you hold most important!

First, place a check mark next to the 20 values that you feel fit you well. You may also write in other values that are important to you in the blank areas of the list.

In the second stage, from the 20 values that you have checked, select the ten values that you feel are most important to you and circle them.

	Excitement		Status		Meaningful work
	Spirituality		Creativity		Service
	Stability		Integrity		Decisiveness
	Education		Diversity		Loyalty
	Adventure		Autonomy		Challenges
	Honesty		Independence		Leadership
	Competition		Competence		Cooperation
	Ethics		Fairness		Family
	Health		Helping others		Power
	Privacy		Excellence		Freedom
	Safety		Fame		Community
	Friendship		Happiness		Change
	Recognition		Relationships		Religion
	Money		Play		Wealth
	Ecology/environment		Order		Flexibility
	Security		Philanthropy		Work
	Pleasure		Compassion		Duty
	Lawful		Accountability		Courage

My Values

Lastly, from the ten values that you circled, choose the 5 that are ideally the most important to you. Record those on the blank lines to the left.

Refer to these when making tough decisions. Is the course of action you're considering consistent with your values?