



	<b>Personal Values Clarification</b>		
	Rank the top 10 values that that are highest in importance	Highest	Lowest
<b>Achievement</b>	Sense of accomplishment, mastery		
<b>Advancement</b>	Promotion, upgrades		
<b>Adventure</b>	New and challenging experiences		
<b>Affection</b>	Love, caring, empathy		
<b>Autonomy</b>	Self-sufficiency, self-rule, independence		
<b>Competitiveness</b>	Winning, taking risks		
<b>Living in Choice</b>	Authentically choosing your actions instead of living in “have to” or “should”		
<b>Cooperation</b>	Teamwork, working well with others		
<b>Creativity</b>	Innovation, using imagination		
<b>Economic Security</b>	Steady, adequate income		
<b>Family Happiness</b>	Spending time with my family		
<b>Freedom</b>	Having choice, free will, independence		
<b>Friendship</b>	Close relationships with others		
<b>Health</b>	Being physically, emotionally, and mentally well		
<b>Helpfulness</b>	Assisting others, contributing		
<b>Inner Harmony</b>	Being at peace with yourself		
<b>Integrity</b>	Honesty, authenticity, “walking your talk”		
<b>Involvement</b>	Including others, belonging, participating		



	<b>Personal Values Clarification cont</b>		
<b>Learning</b>	Personal and professional development		
<b>Loyalty</b>	Duty, obedience, responsibility to others		
<b>Order</b>	Tranquility, stability, conformity		
<b>Pleasure</b>	Fun, laughter, leisure		
<b>Power</b>	Control, authority, influence over others		
<b>Recognition</b>	Status, fame, acknowledgement from others		
<b>Spirituality</b>	Closeness to the spirit		
<b>Respect</b>	Treating others with dignity, honor reverence		
<b>Self-Respect</b>	Pride, sense of personal identity		
<b>Trust</b>	Having reliance in self and others		
<b>Wealth</b>	Making money, achieving financial success		
<b>Wisdom</b>	Understanding life, discovering knowledge		

What are you passionate about in life? Feel free to add any additional values that show up.



### Personal Values Ranking

1.									
2.	1 2								
3.	1 3	2 3							
4.	1 4	2 4	3 4						
5.	1 5	2 5	3 5	4 5					
6.	1 6	2 6	3 6	4 6	5 6				
7.	1 7	2 7	3 7	4 7	5 7	6 7			
8.	1 8	2 8	3 8	4 8	5 8	6 8	7 8		
9.	1 9	2 9	3 9	4 9	5 9	6 9	7 9	8 9	
10.	1 10	2 10	3 10	4 10	5 10	6 10	7 10	8 10	9 10

Write down your top 10 ranked values from the previous page. Look at the number 2 value, if you could only choose one value, 1 or 2 which would it be. Circle the appropriate number. Now compare number 1 and 3, and then compare number 2 and 3. Continue this method for all 10 ranked values.

**Total Score for #:** Add the total number of 1's circled. Write the number below. Continue doing this for each value.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_ 10. \_\_\_\_\_

**Priority and Definition:** Write down your new ranking. Are there any surprises? Does your lifestyle honor your top 3 values?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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	<b>Career Concentration Areas</b>		
	Rank the top 10 areas that you most value and want to focus on during the next year.	Highest	Lowest
<b>Aesthetics</b>			
<b>Advancement</b>			
<b>Affiliation</b>			
<b>Artistic Creativity</b>			
<b>Position of Authority</b>			
<b>Change/Variety</b>			
<b>Challenging Problems</b>			
<b>Community Relations</b>			
<b>Competition</b>			
<b>Creative Thinking</b>			
<b>Decision Making</b>			
<b>Show Competence</b>			
<b>Excitement</b>			
<b>Friends at Work</b>			
<b>Fast Pace</b>			
<b>Help Society</b>			
<b>High Status</b>			
<b>Work Independently</b>			
<b>Influence Others</b>			



	<b>Career Concentration Areas</b> Cont.		
<b>Intellectual Status</b>			
<b>Job/Work Security</b>			
<b>Tranquil Work Site</b>			
<b>Work Near Home</b>			
<b>Monetary Profit</b>			
<b>Moral Fulfillment</b>			
<b>Power</b>			
<b>Precision Work</b>			
<b>Contact with Public</b>			
<b>Pursue Knowledge</b>			
<b>Recognition</b>			
<b>Stable Routine</b>			
<b>Cutting Edge</b>			

What activities or actions give life to your work? Feel free to add additional concentration areas that show up.



### Career Concentration Areas Ranking

1.									
2.	1 2								
3.	1 3	2 3							
4.	1 4	2 4	3 4						
5.	1 5	2 5	3 5	4 5					
6.	1 6	2 6	3 6	4 6	5 6				
7.	1 7	2 7	3 7	4 7	5 7	6 7			
8.	1 8	2 8	3 8	4 8	5 8	6 8	7 8		
9.	1 9	2 9	3 9	4 9	5 9	6 9	7 9	8 9	
10.	1 10	2 10	3 10	4 10	5 10	6 10	7 10	8 10	9 10

Write down your top 10 ranked concentration areas. Look at the number 2 concentration area, if you could only choose one area, 1 or 2 which would it be. Circle the appropriate number. Now compare number 1 and 3, and then compare number 2 and 3. Continue this method for all 10 ranked concentration areas.

**Total Score for #:** Add the total number of 1's circled. Write the number below. Continue doing this for each value.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_ 10. \_\_\_\_\_

**Priority and Definition:** Write down your new ranking. Are there any surprises? Does your work honor your top 3 concentration areas?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_