

PERSONAL VALUES ASSESSMENT



FAMILY LEGACIES

The objective of this exercise is to help you clarify your values or beliefs. Since our values and beliefs change over time, often after reflection or certain events, it is useful to review & consider our values and beliefs regularly. Being mindful of your values requires periodic reflection about your beliefs and their importance to you at this point in your life.

Below is a list of values, beliefs, or personal characteristics for your consideration, along with steps to help you identify which are most important to you as guiding principles in your life. You might find it useful to determine degrees of importance by considering whether you would be upset or elated if your present state or condition in life would change if you could no longer act on a particular value. You might at times find it helpful to consider two values at a time, asking yourself about the relative importance of one over the other.

1. Identify the fifteen or so values that are most important to you, and mark them with an asterisk or circle them.
2. From the list identify the five that are the most important to you.
3. Third, rank each of the five with “1” being the most important value to you to “5” being the least important of these five important values.

LIST OF VALUES, BELIEFS, OR DESIRABLE PERSONAL CHARACTERISTICS

Accomplishment	Cleanliness	Effectiveness	Independence	Order	Self-reliance
Achievement	Comfortable life	Equality	Improving society	Peace	Self-respect
Adventure	Companionship	Exciting life	Innovativeness	Personal development	Sincerity
Affection	Competent	Fame	Integrity	Pleasure	Spirituality
Affectionate	Competitiveness	Family happiness	Intellect	Politeness	Stability
Affiliation	Contribution to others	Family security	Involvement	Power	Status
Ambition	Conformity	Forgiving	Imagination	Pride	Success
Assisting others	Contentedness	Free choice	Joy	Rationality	Symbolism
Authority	Control	Freedom	Leisure	Recognition	Taking risks
Autonomy	Cooperation	Friendship	Logic	Reliable	Teamwork
Beauty	Courage	Fun	Love	Religion	Tidiness
Belonging	Courteousness	Genuineness	Loving	Respect	Tenderness
Broad-mindedness	Creativity	Happiness	Mature love	Responsibility	Tranquillity
Caring	Dependability	Helpfulness	National security	Restrained	Wealth
Challenge	Discipline	Health	Nature	Salvation	Winning
Cheerfulness	Economic security	Honesty	Obedience	Self-control	Wisdom

This is not an easy exercise. Most people find the first step easy, but the last step is difficult, if not uncomfortable. That is because the reflection forces us to reconcile a number of potentially diverse aspects of our current lives. First, when you develop the final list of five values and rank them, you inevitably keep asking yourself, “Does this placement of the value reflect how I act or how I would like to act?” In other words, does the ranking of the value represent the person you are today in your actions and decisions? Second, if it doesn’t, does it represent the person you would like to become? You might also wonder, does the assignment of value in the ranking reflect my current preferences, attitudes, actions, and decisions? Or it is a better reflection of the way I was a few years ago – a past, earlier me. Understanding what is important becomes a moral rudder, helping us steer our path through confusing and sometimes conflicting moments and decisions.

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