

life directions



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instructions

This process requires introspection and honesty, but can be liberating and insightful.

1. Sort the cards into two piles one with values that fit well the other with values that don't fit well.
2. From the first pile, select the 10 most important to you.
3. Finally, review your selection and narrow down to your top 5 values.

**when finished record your top five values
here and keep for future use**

1. _____

2. _____

3. _____

4. _____

5. _____

enjoyment

I value the pursuit of
pleasure and delight

community

I value co-operating and identifying with others with shared interests

diversity

I value appreciation of
individual differences

fun

I value play, laughter and
the ability to be amused

challenge

I value situations that test
thinking and/or abilities

freedom

I value the liberty to act and
speak without restriction

happiness

I value feelings of
contentment, satisfaction
and fulfilment

health

I value the importance
of physical fitness and
emotional well-being

aid

I value the act of assisting others in need or hardship

independence

I value the ability to be self-sufficient and an individual

family

I value connection to
immediate and extended
family relationships

teamwork

I value fulfilling a role within
a group to achieve a goal

creativity

I value imagination, inspiration
and inventiveness

education

I value the pursuit of
intellectual endeavours and
the gaining of knowledge

ethics

I value moral standards and principles of conduct

excellence

I value the pursuit of mastery
and achievement of quality

justice

I value the importance of
fairness and equality

friendship

I value relationships with
many people

meaningful activity

I value the importance of
occupation and pursuits
that have purpose and
lasting value

adventure

I value participation in activities that involve excitement and risk

security

I value the comfort that comes
from protection and certainty

serenity

I value tranquillity and peace

decisiveness

I value the ability to make firm decisions that provide clear direction

spirituality

I value the desire to understand one's inner self and relationship with the world

faith

I value the devotion and
dedication to a set of beliefs

truthfulness

I value honesty, integrity and
being forthright

privacy

I value the need to be free
from intrusion and the right
to confidentiality

recognition

I value being acknowledged
and appreciated

loyalty

I value commitment to people
and ideals

respect

I value the ability to demonstrate regard and esteem towards others

leadership

I value the ability to
motivate others towards the
achievement of a goal

wealth

I value the security and freedom provided by accumulating assets

giving

I value making monetary or
time donations to benefit
others

environment

I value nature and the need to
care for our planet

courage

I value perseverance and the ability to face difficulties

intimacy

I value close and deep relationships

work

I value the occupation and
fulfilment of a duty

variety

I value unpredictability in life, and the challenges and opportunities that change provides



