

# Values Clarification & Action Plan

**Aim:** To help you identify the personal values that are important to you.

Your values are your ideas about what is most important to you in your life - what you want to live by and live for. They are the silent forces behind many of your actions and decisions. The goal of values clarification is for you to become fully conscious of their influence, and to explore and honestly acknowledge what you truly value at this time in your life. You can be more self-directed and effective when you know which values you really choose to keep and live by as an adult, and which ones will get priority over others. Identify your values first with a tick – there is space to add your own values under each heading. Then rank your top two. What happens if these values are not met?

<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>• Being loved/loving someone</li> <li>• Having close friends</li> <li>• Being married</li> <li>• Having a special partner</li> <li>• Getting people’s approval</li> <li>• Having close family</li> <li>• Being a good parent (or child)</li> <li>•</li> <li>•</li> </ul>	<p><b>Leisure or fun things</b></p> <ul style="list-style-type: none"> <li>• Being creative</li> <li>• Having fun</li> <li>• Enjoying sport</li> <li>• Having prized possessions</li> <li>• Enjoying sensual pleasures</li> <li>• To have an imagination</li> <li>• To have hobbies</li> <li>•</li> <li>•</li> </ul>
<p><b>Health and spiritual</b></p> <ul style="list-style-type: none"> <li>• Looking good</li> <li>• Being physically fit</li> <li>• Being a spiritual person</li> <li>• Living ethically</li> <li>• Fighting in justice</li> <li>• Making contributions to the world</li> <li>• Having a relationship with God</li> <li>•</li> <li>•</li> </ul>	<p><b>Work or Education</b></p> <ul style="list-style-type: none"> <li>• Having an important position</li> <li>• Making money</li> <li>• Having enjoyable work</li> <li>• Having financial security</li> <li>• Being productively busy</li> <li>• Being well organised</li> <li>• Achieving highly</li> <li>•</li> <li>•</li> </ul>

**My top values (two for each category)**

<p><b>Relationships</b></p> <p>1.</p> <p>2.</p>	<p><b>Leisure or fun things</b></p> <p>1.</p> <p>2.</p>
<p><b>Health and spiritual</b></p> <p>1.</p> <p>2.</p>	<p><b>Work or Education</b></p> <p>1.</p> <p>2.</p>

**What will happen if these are not met?**