



Worksheet 2

My hierarchy of values

Out of the 48 values below, cross out the ones that are least important to you, leaving only 10. This will not mean that the crossed-out values are not important to you - the goal is to leave the values that play the most important role in your life for the here-and-now.

Of course, the list below does not exhaust all the values that we can talk about in the context of our lives. If at first glance you see that something is missing, simply complete this list, and then try to narrow it down to the ten most important ones.

Give yourself any amount of time to think over all the values and choose the ones that are most important to you.

- Love
- Acceptance
- Trust
- Belief
- Health
- Beauty
- Intimacy
- Composure
- Sincerity
- Gratitude
- Support
- Sensitivity
- Imagination
- Comfort
- Justice
- Adventure
- Balance
- Joy
- Luck
- Wealth
- Abundance
- Success
- Perfectionism
- Pride
- Harmony
- Intuition
- Motivation
- Passion
- Independence
- Flexibility
- Freedom
- Wisdom
- Convenience
- Fun
- Humour
- Dreams
- Transcendence
- Loyalty
- Risk
- Energy
- Satisfaction
- Security
- Confidence
- Financial stability
- Personal development
- Education
- Creativity
- Challenges



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Once you are sure of the 10 most important values, then try to rank them in order of the most important, numbering them from 1 to 10 (1 being the absolute most important value in your life).

Now that you have chosen the 10 most important values in your life and prioritised them, try to narrow down this list again - so that only 5 values remain on the sheet that are the most important to you.

When you define your hierarchy of values, there is "only" one task left - to answer the question: do I implement them in my life and how?

