

Values Clarification Exercise

Area	Description	Thoughts
		{ please jot down some notes besides each question, then write out a longer version from your notes }
Intimate Relationships	What kind of person would you like to be in the relationship? What would the relationship be like? What is your role in the relationship?	
Family Relationships	Describe the type of brother/sister, son/daughter, father/mother you would like to be. What would the relationship be like? How would you want to treat others?	
Social Relationships	What does it mean to be a good friend? What kind of friends do you want? How would you treat your friends? What is an ideal friendship like for you?	
Career and Employment	What type of work would you like to do? Why does it appeal to you? What kind of worker would you like to be? What kind of relationships would you like to have with your coworkers or your employer?	
Personal Growth and Development	What do you want to be able to do? What do you want to be like? Would you like to pursue a formal education? Specialized training? An informal education? Why does this appeal to you?	
Recreation and Leisure	What type of hobbies, sports, or leisure activities would you like to be involved in? Why do these things appeal to you?	
Spirituality	What does spirituality mean to you? (It doesn't have to be any kind of organized religion.) Is this an important part of life for you? What would it be like?	
Citizenship	What is your role in the community? What groups would you like to be a part of? What volunteer work would you do? What appeals to you in these areas?	
Health	What do you value in your physical health? What issues are important to you (e.g., sleep, diet, exercise)?	