

THE VALUES SORTING SHEET

DETAILED SORT

1. Look at all the values in the list and rate the **IMPORTANCE** of each value to you by placing a tick in either of these columns:

- **NOT IMPORTANT**;
- **SLIGHTLY IMPORTANT**; or
- **REALLY IMPORTANT**

2. Look through the values you have marked as really important. If you felt compelled to tick any of these values because of an issue troubling you, place an 'X' in the **ISSUES** column for those values. e.g. you may have chosen "safety" because you live alone in a rough neighbourhood.

3. Look through the values you have marked as really important and ignore the ones marked with an X in the Issues column. From this selection choose the ten most important values and tick them in the **TOP 10** column.

If you feel there are any important values not represented in the list, write them in spaces 54, 55 or 56.

4. Look at your Top 10 column and choose the five most important values. Tick them in the **TOP 5** column.

5. Choose the three most important values from the Top 5 column. Tick them in the **TOP 3** column. These are your 'core values'.

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6. Finally, from your three core values, choose your **NUMBER 1**, most important value.

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| | 1. IMPORTANCE | 2. ISSUES | 3. TOP 10 | 4. TOP 5 | 5. TOP 3 | 6. NUMBER 1 VALUE |
|----|---|-----------|-----------|----------|----------|-------------------|
| | NOT IMPORTANT SLIGHTLY IMPORTANT REALLY IMPORTANT | | | | | |
| 01 | ACCEPTANCE | X | ✓ | ✓ | ✓ | ✓ |
| 02 | ACHIEVEMENT | | | | | |
| 03 | ADVENTURE | | | | | |
| 04 | BEAUTY | | | | | |
| 05 | CHALLENGE | | | | | |
| 06 | COMPASSION | | | | | |
| 07 | CONNECTION | | | | | |
| 08 | CONSISTENCY | | | | | |
| 09 | COURAGE | | | | | |
| 10 | CREATIVITY | | | | | |
| 11 | DIGNITY | | | | | |
| 12 | ENCOURAGEMENT | | | | | |
| 13 | FAIRNESS | | | | | |
| 14 | FAMILY | | | | | |
| 15 | FREEDOM | | | | | |
| 16 | FRIENDSHIP | | | | | |
| 17 | FULFILMENT | | | | | |
| 18 | FUN | | | | | |
| 19 | GRATITUDE | | | | | |
| 20 | HAPPINESS | | | | | |
| 21 | HEALTH | | | | | |
| 22 | HOME | | | | | |
| 23 | HONESTY | | | | | |
| 24 | HOPE | | | | | |
| 25 | INDEPENDENCE | | | | | |
| 26 | INNER PEACE | | | | | |
| 27 | INNER STRENGTH | | | | | |
| 28 | INTEGRITY | | | | | |
| 29 | JOY | | | | | |
| 30 | LEADERSHIP | | | | | |
| 31 | LEARNING | | | | | |
| 32 | LOVE | | | | | |
| 33 | LOYALTY | | | | | |
| 34 | NATURE | | | | | |
| 35 | NURTURE | | | | | |
| 36 | ORDER | | | | | |
| 37 | PASSION | | | | | |
| 38 | PATIENCE | | | | | |
| 39 | PEACE | | | | | |
| 40 | POWER | | | | | |
| 41 | RESPECT | | | | | |
| 42 | SAFETY | | | | | |
| 43 | SECURITY | | | | | |
| 44 | SELF RESPECT | | | | | |
| 45 | SENSUALITY | | | | | |
| 46 | SERVICE | | | | | |
| 47 | SPIRITUALITY | | | | | |
| 48 | STRUCTURE | | | | | |
| 49 | SUPPORT | | | | | |
| 50 | TRUST | | | | | |
| 51 | WEALTH | | | | | |
| 52 | WINNING | | | | | |
| 53 | WISDOM | | | | | |
| 54 | | | | | | |
| 55 | | | | | | |
| 56 | | | | | | |

