

# 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 NOT IMPORTANT SLIGHTLY IMPORTANT REALLY IMPORTANT	2. ISSUES	3. TOP 10	4. TOP 5	5. TOP 3	6. NUMBER 1 VALUE
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						

