

VALUES: WHAT REALLY MATTERS...REALLY?

Next Level Journal: Accelerating Personal Development

Values	Prioritized
1. Accomplishment – mastery and achievement	
2. Advancement – progress up the ladder	1.
3. Adventure – new & challenging experiences	
4. Competitiveness – winning, taking risks	
5. Contribution – assisting others, improving society	2.
6. Cooperation – teamwork, getting along	
7. Economic Security – steady, adequate income	
8. Family Balance – family members are satisfied	3.
9. Freedom – independence, autonomy	
10. Friendship – close relationships with others	4.
11. Health – physical and mental well being	
12. Honesty – truth	
13. Integrity – sincerity, standing up for beliefs	5.
14. Order – tranquility, stability, conformity	
15. Pleasure – fun, laughter, comfort	
16. Power – control, authority, influence	
17. Recognition – respect, from others, status	
18. Spirituality – strong faith/spiritual beliefs	
19. Wealth – making money	
20. Wisdom – understanding life	<p>It may be easiest to cross out the values you don't emphasize, then work through the ones you do to prioritize your top five.</p>

Used by permission. [The Sherpa Guide](#), Brenda Corbett and Judith Coleman