

# New Horizon Strategies

## Values List Exercise

Clarifying your values for this stage of your life can aid you in shaping your purpose and vision.

In this stage of life or transition what values are most important to you? What are the values you must honor to be true to this chapter of your life?

Choose the 10 – 15 values that you feel are most important at this time and group them together in strings.

Next, please identify the 3 values that you feel are most important to you in this phase of your life/or in your emerging phase of life. These would be values that would be a great loss for you to not have in your life.

*Example:  
Collaboration/Community/  
Full self-expression*

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Achievement  
Accuracy  
Acknowledgment  
Advancement  
Adventure

Aesthetics  
Affection  
Authenticity  
Autonomy  
Beauty  
Caring  
Challenge  
Change  
Contribution  
Collaboration  
Community  
Connectedness  
Comradship  
Creativity  
Directness  
Economic security  
Empowerment  
Excellence  
Excitement  
Elegance  
Family happiness  
Free spirit  
Free time  
Focus  
Forward the action  
Freedom  
Friendship  
Growth  
Integrity  
Independence  
Intellectual status  
Health  
Help others  
Help society  
Humor  
Harmony  
Honesty  
Joy  
Knowledge  
Lack of pretense  
Leadership  
Leisure

Lightness  
Location  
Loyalty  
Nurturing  
Orderliness  
Partnership  
Participation  
Performance  
Personal power  
Peace  
Pleasure  
Productivity  
Power  
Precision  
Recognition  
Responsibility  
Romance  
Risk-taking  
Self-expression  
Spirituality  
Success  
Service  
Stability  
Time Freedom  
Tradition  
Trust  
Vitality  
Wealth  
Wisdom  
Zest  
Add your own

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Portions of this exercise were adapted From: *Co-Active Coaching*. Whitworth, Kimsey-House; Sandahl (1998).

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