

## Values Validator<sup>9</sup>

### HELPING YOU DISCOVER WHAT IS REALLY IMPORTANT TO YOU

Use this method of ranking:

<b>Not important</b>	<b>0</b>
<b>Somewhat important</b>	<b>1–3</b>
<b>Quite important</b>	<b>4–7</b>
<b>Very important</b>	<b>8–10</b>

	<b>Value</b>	<b>Description</b>	<b>Rating (out of 10)</b>
<b>1</b>	Academics	I have a high regard for scholastic pursuits	
<b>2</b>	Achievement	It's important to accomplish my goals	
<b>3</b>	Activity	I like to be fully occupied at all times	
<b>4</b>	Advancement	I want the opportunity for career advancement	
<b>5</b>	Adventure	I like to do things in new and interesting ways	
<b>6</b>	Enjoyment	I want to enjoy life and have fun	
<b>7</b>	Expertise	I want to be a known authority in my field	

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9. Adapted from Values worksheet in Financial Attitudes Exercise in *Client-Centred Life Planning* by Michael R. Curtis (Toronto, Canada: Michael R. Curtis, 2005).

<b>8</b>	Family	I want to contribute to family members	
<b>9</b>	Friendship	I want close companionship	
<b>10</b>	Health	I want to be healthy and pursue a healthy lifestyle	
<b>11</b>	Independence	I like to be able to work or do things alone and free from constraints	
<b>12</b>	Location	I want to be able to live anywhere	
<b>13</b>	Power	I want to have influence over my future	
<b>14</b>	Prestige	I like to obtain recognition and status	
<b>15</b>	Routine	I like to have a set daily schedule	
<b>16</b>	Security	I like to minimize adverse changes in my life	
<b>17</b>	Self-Development	I want to be the best that I can be	
<b>18</b>	Self-Realization	I like to realize the full potential of my skills and abilities	
<b>19</b>	Social Service	I want to serve others	
<b>20</b>	Wealth	I want to be able to afford opportunities	

**Rank your top five values:**

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