



Minnesota Student Leadership Seminar

Values Exercise

First, place a check mark next to the 20 values that you feel fit you well. You may also write in other values that are important to you in the blank areas of the list.

In the second stage, from the 20 values that you have checked, select the ten values that you feel are most important to you and circle them.

Lastly, from the ten values that you circled, choose the 5 that are ideally the most important to you. Record those on the blank lines at the bottom of the page.

Excitement	Status	Meaningful work
Spirituality	Creativity	Service
Stability	Integrity	Decisiveness
Education	Diversity	Loyalty
Adventure	Autonomy	Challenges
Honesty	Independence	Leadership
Competition	Competence	Cooperation
Ethics	Fairness	Family
Health	Helping others	Power
Privacy	Excellence	Freedom
Safety	Fame	Community
Friendship	Happiness	Change
Recognition	Relationships	Religion
Money	Play	Wealth
Ecology/environment	Order	Flexibility
Security	Philanthropy	Work
Pleasure		

My Values

Living in alignment – Living in alignment is all about aligning one’s actions with one’s ideal values. Values are your beliefs that help you make your decisions. This exercise can help you determine the values that are most important to you and then help you understand why you make the decisions you do, or, help you make decisions more in tune with the values you hold most important!

It’s important that people think about “what’s ideal” and “what’s real” and compare the two. With some people, the ideal and the real are closely matched, with others, they are living out of alignment.