



VALUES HIERARCHY EXERCISE

Along with your innate tendencies, your values influence everything in your life. If your life is a river, your values enter at the headwaters. They affect everything downstream.

1. Create

Create a list with ten or so values that matter to you. Here is an example list that you can start with. Add or remove values so your list fits who you are.

Peace	Creativity	Health	Achievement	Love
Prestige	Togetherness	Freedom	Joy	Power

2. Define

Define each value in your own words. Do not use any of them in each other's definitions.

Example. Peace is a feeling deep inside that everything is and will be better than good.

Example. Prestige is acknowledgment or praise from people I respect.

3. Compare and Rank

Compare peace to every value on the list, then prestige to every value besides peace, then creativity to every value beside peace and prestige, since that has already been done.

Record the rankings as you go through the list making comparisons. Make a vertical or horizontal list with plenty of space in between values so you can insert the values later in the list in their appropriate slot.

Example. Peace ranks above prestige because I can have peace without prestige and it is a deeper feeling because it comes more from within me, rather than being dependent on what other people think about me.

4. Apply

A completed values hierarchy provides great insight into what matters most to you. When you create harmony between your values and what you think and say and do and then extend that harmony to your thoughts, words, and actions on a day-to-day basis, you will find deep satisfaction. Conflict between your values and every day life breeds distress in the same way.