

## TOUCHSTONE VALUES\* (Do this side first)

Touchstone values: the things you say you want

### Directions:

1. Rank these 1-20
2. Circle the top 10
3. Put an "X" next to top 5
4. Put a  $\checkmark$  next to top 3

1. Achievement: sense of accomplishment \_\_\_\_\_
2. Work: paying my own way \_\_\_\_\_
3. Adventure: exploration, risks, excitement \_\_\_\_\_
4. Personal Freedom: independence, making my own choices \_\_\_\_\_
5. Authenticity: being frank and genuinely myself \_\_\_\_\_
6. Expertness: being good at something important to me \_\_\_\_\_
7. Service: contributing to the satisfaction of others \_\_\_\_\_
8. Leadership: having influence and authority \_\_\_\_\_
9. Money: plenty of money for the things I want \_\_\_\_\_
10. Spirituality: meaning to life, religious belief \_\_\_\_\_
11. Physical Health: attractiveness and vitality \_\_\_\_\_
12. Meaningful Work: relevant and purposeful job \_\_\_\_\_
13. Emotional Health: ability to handle inner conflict \_\_\_\_\_
14. Affection: warmth, caring, giving and receiving love \_\_\_\_\_
15. Pleasure: enjoyment, satisfaction, fun \_\_\_\_\_
16. Wisdom: maturity, understanding, insight \_\_\_\_\_
17. Family: happy and congenial living situation \_\_\_\_\_
18. Recognition: being well known, having prestige \_\_\_\_\_
19. Security: having a secure and stable future \_\_\_\_\_
20. Self-growth: continuing exploration and development \_\_\_\_\_

\*adapted from Richard J. Leider, **The Power of Purpose** (New York: Fawcett), 1992

## Practicing Values\* (Do this side second)

Practicing values: the things you actually spend your time, money and mental/emotional energy to get on a daily basis

### Directions:

1. Rank these 1-20
2. Circle the top 10
3. Put an "X" next to top 5
4. Put a  $\surd$  next to top 3

1. Achievement: sense of accomplishment \_\_\_\_\_
2. Work: paying my own way \_\_\_\_\_
3. Adventure: exploration, risks, excitement \_\_\_\_\_
4. Personal Freedom: independence, making my own choices \_\_\_\_\_
5. Authenticity: being frank and genuinely myself \_\_\_\_\_
6. Expertness: being good at something important to me \_\_\_\_\_
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19. Security: having a secure and stable future \_\_\_\_\_
20. Self-growth: continuing exploration and development \_\_\_\_\_

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