

# Exercise: Values Clarification

Below is a list of values. Circle the ten that are most important to you. If you don't see an important value on this list, add it. Give yourself time to really explore and think about these.

Acceptance	Fun	Leadership	Simplicity
Achievement	Generosity	Learning	Sisterhood
Adventure	God	Leaving a Legacy	Spirituality
Beauty	Happiness	Life partner	Strength
Charity	Harmony	Love	Support
Comfort	Health	Making a Difference	Surrender
Commitment	Honesty	Parenting	Time alone
Communication	Honor	Patriotism	Transformation
Community	Humility	Peace	Truth
Courage	Independence	Physical activity	Using my talents
Creativity	Individuality	Power	Wisdom
Democracy	Influence	Respect	Others
Dignity	Inner Peace	Responsibility	
Discovery	Integrity	Retirement	
Diversity	Intimacy	Security	
Education	Joy	Seeing the world	
Family	Justice	Self-discipline	
Freedom	Kindness	Self-esteem	
Friendship	Knowledge	Service	

Next, cross out five that you circled and rank the five that remain in order of importance.

Now that you know what values are most important to you, from this point on, before making any decisions, before saying YES or NO to anything, ask yourself this question:

*Will this get me closer, or take me further, from my values, from pursuing my highest purpose, living my deepest truths?*

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