

## Values and Inspiration – Values Handout

We have certain values that are important to us. These values prescribe ways of behaving that we find personally important and meaningful. We refer to these as ‘instrumental’ values – values that help us achieve the life we want.

**Instructions:** A list of 18 instrumental values are provided below. Rank order the following values in descending order of importance. That is, label your most important value as ‘1’ and least important value as ‘18’.

Cheerfulness	Helpfulness	Politeness	Love	Logic
Imagination	Ambition	Obedience	Honesty	Self-Control
Capability	Courage	Cleanliness	Broad-Mindedness	Forgiveness
	Intellect	Responsibility	Independence	