

Creating a Hierarchy of Personal Values

Rank the fifteen activities according to the degree of importance, or value, regardless of how much time you actually spend doing them. Number 1 will signify highest value, 15 lowest value.

Record the number rank in the blank space provided.

Dig down to the core of your very being and analyze how you really feel about the different activities. Should you have trouble determining what two items will be listed as, say, 1 or 2 (10 or 11, or whatever), do a side-by-side comparison and ask yourself: *If I could only do one of these activities, which would it be?* Rank this activity as the higher of the two. When you complete your ranking, create a top-ten list of personal values by writing down your hierarchy of values onto an index card or piece of paper. Hang or place the list somewhere that you will see it daily, so that you can leverage your hierarchy of values in decision making and day planning.

- ___ Career-related activities (time at work, working at home, or starting a business)
- ___ Creative activities (painting, writing, playing a musical instrument)
- ___ Educational activities (time at school, studying, self-directed learning such as reading this book)
- ___ Exercise and health activities (working out, planning training, cooking healthy meals)
- ___ Family activities (playing with kids, family time)
- ___ Financial activities (financial planning and investing)
- ___ “Giving-back” activities (nonprofit and charity work, volunteer and stewardship activities)
- ___ Home responsibilities (cleaning, doing laundry, cooking, lawn and home care)
- ___ Intimate time (“date nights” and time alone with spouse or significant other)

- ___ Passive entertainment (watching TV, video games, surfing the Net and social media)
- ___ Recreational and adventure activities (climbing, hiking, hunting, playing sports)
- ___ Relaxing, “comfort” activities (shopping, napping, “just doing nothing”)
- ___ Social activities (time with friends, partying, going to bars/happy hours)
- ___ Soothing, “calm-down” activities (snacking, smoking, drinking alcohol)
- ___ Spiritual activities (praying, meditating, going to church)