

Awakening The Genie Within (Chapter 6)

HANDOUT #1- INSTRUCTIONS FOR COMPLETING WORKSHEET #1

SORTING OF VALUES

The purpose of this worksheet is to help you sort your values in terms of their importance to you. Values will change in importance throughout your life but try to sort them as you see them **at this point in your life**. This is very much a personal exercise. Try not to be influenced by what others would expect you to do. For each value, place a checkmark in the column which best applies to you, where:

- 1 means that this value is always or mostly always important,
- 2 means it is sometimes important, and
- 3 means it is seldom or never important.

If you are unsure, place a checkmark in the column with a question mark (?), keep going and come back to it later. Try to sort all the values. Later, on a separate worksheet, you will be asked to rank your top ten life values. This will be more difficult if you place too many values in column 1. If you have a value that is not on the list, feel free to add it to whichever category you think it best fits. As a guideline, try to complete the worksheet in 20 minutes or less. Your gut reaction is usually more accurate than giving each value too much thought.

When completing this worksheet, it is useful to keep the following points in mind:

- The process of examining one's values is a new experience for many people. It will require some soul-searching.
- Sort the values as they apply to you; not the way you think others or society would sort them.
- Sometimes we suppress our true values to please others or to fit in. Most of us know in our hearts what is truly important to us.
- This sorting process is for your own use and need not be shared with anyone else unless you wish to do so.
- This is not a test. There are no right or wrong choices.
- One indication of what is important is to look at where you spend your time and energy.
- Use Handout #2 for the definition of each value and the category it relates to (Achieving, Being, Acquiring, etc.).