

Values Clarification

Values are deeply held views of what we find worthwhile. They guide our behaviour and actions. They come from many different sources: parents, religion, schools, peers, people we admire and our culture.

This exercise helps us identify our own important values.

Step 1: What do we value?

From the list of values on the following page, select the ten that are the most important to you, as guides for how you like to behave, or as components of a valued way of life.

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |

Step 2: Elimination

Now that you have identified ten values, imagine that you can only be permitted to have five.

Which five would you give up? Cross them off.

Now imagine you could only have four. Cross another off.

Now three. Cross another off. Check whether you have values which guide your "behaviour" e.g. respect, integrity, quality, relationships or 'things' you value e.g. family, community, money.

Step 3: Values in our lives, families and farms/careers.

Take a look at the top three values on your list

1. What do these values mean exactly? Can you think of a time when you really lived up to your values. What did you do? How did you feel? What was the result?

2. Are your farming/career values the same as your personal values? List your top two farming/career values?

3. How are your values different to your life partners or families? How can you live your values in a way that enables them to live theirs?

Values list

- | | |
|---|--|
| ☐ Achievement | ☐ Influencing others |
| ☐ Advancement & Promotion | ☐ Inner Harmony |
| ☐ Adventure | ☐ Integrity |
| ☐ Affection (love & caring) | ☐ Intellectual Status |
| ☐ Arts | ☐ Involvement |
| ☐ Challenging Problems | ☐ Job Tranquility |
| ☐ Change & Variety | ☐ Knowledge |
| ☐ Close Relationships | ☐ Leadership |
| ☐ Community | ☐ Location |
| ☐ Competence | ☐ Loyalty |
| ☐ Competition | ☐ Market Position |
| ☐ Cooperation | ☐ Meaningful Work |
| ☐ Country | ☐ Merit |
| ☐ Creativity | ☐ Money |
| ☐ Decisiveness | ☐ Nature |
| ☐ Democracy | ☐ Personal Development |
| ☐ Ecological Awareness | ☐ Life long learning |
| ☐ Economic Security | ☐ Physical Challenge |
| ☐ Effectiveness | ☐ Pleasure |
| ☐ Efficiency | ☐ Power & Authority |
| ☐ Ethical Practice | ☐ Privacy |
| ☐ Excellence | ☐ Public Service |
| ☐ Excitement | ☐ Purity |
| ☐ Expertise | ☐ Quality Relationships |
| ☐ Fame | ☐ Recognition (respect from others) |
| ☐ Fast Living | ☐ Religion |
| ☐ Fast-paced Work | ☐ Reputation |
| ☐ Financial Gain | ☐ Responsibility & Accountability |
| ☐ Freedom | ☐ Security |
| ☐ Friendships | ☐ Self-respect |
| ☐ Growth | ☐ Serenity |
| ☐ Having a Family | ☐ Sophistication |
| ☐ Helping other People | ☐ Stability |
| ☐ Helping Society | ☐ Status |
| ☐ Honesty | ☐ Time Freedom |
| ☐ Independence | ☐ Truth |
| ☐ Wealth | ☐ Wisdom |
| ☐ Work with others | ☐ Working Alone |
| ☐ Working under pressure | ☐ Open & Honest (being around |
| ☐ Order (tranquility, stability, conformity) people who are) | |
| ☐ Other values | ☐ Health |