

## Values & Needs Exercise

These cards offer considerations for identifying your **NEEDS** and **VALUES**. Identifying and prioritizing **NEEDS** and **VALUES** is powerful. A person’s **NEEDS** and **VALUES** can shift over time. The opportunity is to name the most meaningful **NEEDS** and **VALUES** for you at this time in your life: **Who You Are** (or **Who You Are Becoming**).

This exercise provides a structure, designed to support thoughtfulness and clarity, which can then support your priorities and focus. For the purpose of the exercise we are distinguishing **NEEDS** and **VALUES** as follows:

**NEEDS** are the personal priorities and principles that make an individual’s functioning sustainable. Until your **NEEDS** are met, life doesn’t “work.” When your **NEEDS** are handled, there is a supportive logic behind how you can show up at home and work and in relationships. Some are **NEEDS** you need to provide yourself; others must be present in your environment.

**VALUES** are inspirational. They tend to reflect qualities or passions. **VALUES** are what you stand for. They make life worth living.

For many people, it can very difficult to express their **VALUES** until they learn to meet their **NEEDS**. Without met **NEEDS** effectiveness and functioning are disrupted. On the other hand, connecting goals and decisions to one’s **VALUES** tends to be more motivating.

### Instructions

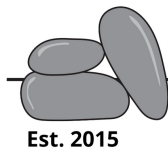
1. Print the document and then cut the cards apart.
2. First sort the cards for **NEEDS**. Try to narrow them down until you have your top three **NEEDS**.
3. Then sort the cards again until you have your top three **VALUES**.

**There’s no magic to this process.  
Break the rules!**

There are several blank cards which you can fill in with a word or concept that is missing.

Often a card or two will seem to be represented under a third card (umbrella concept).

It’s okay to choose four or five cards, instead of three for each grouping.

<b>Achievement</b>	<b>Accountability</b>	<b>Adventure</b>
<b>Aesthetics</b>	<b>Affection</b>	<b>Animals</b>
<b>Autonomy</b>	<b>Community</b>	<b>Competence</b>
<b>Compassion</b>	<b>Courage</b>	<b>Courtesy</b>
<b>Creativity</b>	<b>Discipline</b>	<b>Drive</b>
<b>Equality</b>	<b>Fairness</b>	<b>Fame</b>
<b>Family</b>	<b>Freedom</b>	<b>Friendship</b>
<b>Flexibility</b>	<b>Forgiveness</b>	<b>Fellowship</b>

<b>Happiness</b>	<b>Health</b>	<b>Heritage</b>
<b>Honesty</b>	<b>Humor</b>	<b>Knowledge</b>
<b>Loyalty</b>	<b>Love</b>	<b>Nature</b>
<b>Obedience</b>	<b>Order</b>	<b>Peace</b>
<b>Pleasure</b>	<b>Power</b>	<b>Reason</b>
<b>Self-Worth</b>	<b>Service</b>	<b>Spirituality</b>
<b>Tolerance</b>	<b>Wealth</b>	<b>Wisdom</b>