

Rokeach Values Survey¹

Listed below are two lists of 18 values. Your task is to eventually arrange these lists in order of the value most important to YOU as guiding principles in YOUR life. Begin by placing a check mark by the 10 values in each column that you are most drawn to. Then go back to each column and narrow down to your top 5 for each column. Lastly, prioritize which are your Top 5 values that are most important to you overall.

Column I

- _____ A Comfortable Life (a prosperous life)
- _____ Equality (brotherhood, equal opportunity)
- _____ An Exciting Life (stimulating, exciting)
- _____ Family Security (taking care of loved ones)
- _____ Freedom (independence, free choice)
- _____ Happiness (contentedness)
- _____ Inner Harmony (freedom from inner conflict)
- _____ Mature Love (sexual & spiritual intimacy)
- _____ National Security (protection from attack)
- _____ Pleasure (enjoy, leisurely life)
- _____ Spirituality (connection with higher self)
- _____ Self-Respect (self-esteem)
- _____ Sense of Accomplishment (making a contribution)
- _____ Social Recognition (respect, admiration)
- _____ True Friendship (close companionship)
- _____ Wisdom (mature understanding of life)
- _____ A World at Peace (freedom from war and conflict)
- _____ A World of Beauty (beauty of nature and the arts)

Column II

- _____ Ambitious (hard-working, aspiring)
- _____ Broadminded (open-minded)
- _____ Capable (competent, effective)
- _____ Cheerful (light-hearted, joyful)
- _____ Clean (neat, tidy)
- _____ Courageous (standing for your beliefs)
- _____ Forgiving (willing to pardon others)
- _____ Helpful (working for the welfare of others)
- _____ Honest (sincere, truthful)
- _____ Imaginative (daring, creative)
- _____ Independent (self-reliant, self-sufficient)
- _____ Intellectual (intelligent, reflective)
- _____ Logical (consistent, rational)
- _____ Loving (affectionate, tender)
- _____ Obedient (dutiful, respectful)
- _____ Polite (courteous, well-mannered)
- _____ Responsible (dependable, reliable)
- _____ Self-Controlled (restrained, self-disciplined)

Share with your partner.

Personal Reflection Question: Are you living your life according to your values? If so, how? If not, what changes could you make so you are living your life in congruence with your value system?

¹ Rokeach, M. (1973) The Nature of Human Values. University of Michigan: Free Press.