**VALUES RANKING**

**How to force rank your values**

For each of the 3 categories - Self, Relationships, Work - take any two cards/post-it notes of the ten you have identified and ask yourself, “which value is more important to me than the other?”

Continue this forced ranking process for all ten values until you have placed them in order of importance.

Fill in your ranked list of values in the table below for self, relationships and work.

|  |  |  |
| --- | --- | --- |
| **For myself I value** | **At home/in my relationships with others I value** | **At work I value** |
| **1.** | **1.** | **1.** |
| **2.** | **2.** | **2.** |
| **3.** | **3.** | **3.** |
| **4.** | **4.** | **4.** |
| **5.** | **5.** | **5.** |
| **6.** | **6.** | **6.** |
| **7.** | **7.** | **7.** |
| **8.** | **8.** | **8.** |
| **9.** | **9.** | **9.** |
| **10.** | **10.** | **10.** |