

Alternative Careers in Nursing

Exercise 4-1 Your Most Cherished Values

Listed here are 20 life values identified by Hagberg and Leider (1982). First read through the list, thinking of your values as modes of conduct that defines your behavior and desires. Then reread it and rank the values in the spaces provided from one (1) (most cherished to twenty (20) (least cherished).

- a. Achievement (sense of accomplishment/promotion) _____
- b. Adventure (exploration, risks, excitement) _____
- c. Personal freedom (independence, making your own choices) _____
- d. Authenticity (being frank and genuinely yourself) _____
- e. Expertness (being good at something important to you) _____
- f. Emotional strength (ability to handle inner feelings) _____
- g. Service (contribute to satisfaction of others) _____
- h. Leadership (having influence and authority) _____
- i. Money (plenty of money for things you want) _____
- j. Spirituality (meaning to life, religious beliefs) _____
- k. Physical health (attractiveness and vitality) _____
- l. Meaningful work (relevant and purposeful job) _____
- m. Affection (warmth, caring, giving and receiving love) _____
- n. Pleasure (enjoyment, satisfaction, fun) _____
- o. Wisdom (mature understanding, insight) _____
- p. Family (happy and contented living situation) _____
- q. Recognition (being well-known, praised for contribution) _____
- r. Security (having a secure and stable future) _____
- s. Self-growth (continuing exploration and development) _____
- t. Intellect (having a keen, active mind) _____

In the spaces provided, write five values you most cherish in order of their priority.

1. _____
2. _____
3. _____
4. _____
5. _____