

Ranking Personal Values: A Structured Guide

Introduction

- Before beginning, ensure the client has completed a list of their personal values.
- Explain that ranking their values helps determine what is most important and what guides their decisions.
- Emphasize that values change over time due to life experiences, maturity, and personal growth.

Step 1: Prepare the List

1. Have the client list out **8 to 12 personal values** they have identified as important over their lifetime.
2. If needed, provide a **values list** as a reference to help them generate ideas.
3. Ensure they write their values clearly on a separate sheet of paper or worksheet.

Step 2: Begin the Ranking Process

- Explain that they will now **compare each value against the others** to determine importance.
- **Use first-person questioning** to enhance introspection:
 - "[Client's Name], what do you value more: **Love or Growth?**"
 - The client selects one.
 - Then compare the selected value with the next on the list.
 - Continue the process until all values are ranked.

Step 3: Conduct the Comparison Method

1. Compare **Value #1 vs. Value #2**: Which is more important?
2. Compare the winner of the first comparison with **Value #3**.
3. Continue this process down the list until one value emerges as the most important.
4. Repeat the process for the remaining values.

Example:

- "What's more important to you, **Love or Integrity?**"
- "What's more important to you, **Love or Growth?**"
- "What's more important to you, **Love or Giving?**"
- Continue until all values have been ranked.

Step 4: Addressing Tough Decisions

- Some comparisons will be **challenging**.
- Encourage **gut reactions**: "What is the first thought that comes to mind?"
- If the client struggles, ask: "**If you had to choose just one, which would it be?**"

- Remind them there are no wrong answers—only insights into their values.

Step 5: Finalizing the List

- After completing all comparisons, the client will have a **ranked list of values**.
- Encourage them to write it from **most important to least important**.
- Emphasize that lower-ranked values are still important; they simply have **less priority than others**.

Example Ranked Values List:

1. **Love**
2. **Giving**
3. **Integrity**
4. **Honesty**
5. **Growth**

Step 6: Reflection & Application

- Ask the client: "**How does this ranked list align with your current life choices?**"
- Discuss any surprises: "**Were there any values you didn't expect to rank so high/low?**"
- Encourage them to **live authentically** according to their values.
- Explain that **conflict arises when they move away from their core values**, causing stress, frustration, or unease.

Final Instructions

- Have the client **keep their ranked list** as a personal reference.
- Encourage them to **reassess every 3 to 4 months**, especially after major life changes.
- Remind them that living in **alignment with their values leads to fulfillment**.

Next Steps

- If working with a client long-term, revisit their values periodically.
- Encourage continued self-reflection and realignment in their personal and professional life.
- Use the next session to explore how their ranked values impact their **decision-making and goal-setting**.

By following this structured guide, you can effectively help clients **identify, rank, and reflect on their values**, leading to greater self-awareness and intentional living.