

**POSITIVE VALUES  
&  
NEGATIVE INFLUENCES  
  
RANKING EXERCISE**

**Presented to CALC, 2011  
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## POSITIVE VALUES LIST

Read through the words of Positive Values and select **10** that you consider to be very important for you to **HAVE**. If there are words that you believe would better reflect your opinion of important values for you to have, please add them to the list.

Once you have developed a list of your top ten, write them alphabetically in the horizontal row and alphabetically in the vertical column on the Ranking Positive Values page.

Starting with the vertical column, compare the first value in the vertical column (labelled 1 – 10) with the first value in the horizontal row (labelled A – J). Because they are the same, and therefore of equal importance to you, the square is shaded; this is repeated throughout the worksheet.

Then compare the 1<sup>st</sup> vertical value with the second horizontal value and decide if the value at the top in the horizontal row is **MORE** important for you to **HAVE**. If it is, put a plus (+) in the box; if it is **LESS** important, put a minus (-); for example, if the value above box B is **MORE** valuable than the value next to box 1, put a + in the box and if it is **LESS**, put a – in the box .

Then compare the 1<sup>st</sup> vertical value with the third horizontal value and decide if the horizontal value is **MORE** important. If it is, put a plus (+); if it is **LESS** important, put a minus (-).

Keep going in this way till you have a plus or a minus in all boxes. Then add up all the plusses under each horizontal letter and place it under the value listed. Then take the top 5 and insert them into the final page entitled “Top 5 Positive VS Negative Values”.

## IDENTIFICATION OF POSITIVE VALUES

**NOTE: Add any values of your own if need be.**

Fairness	Support	Persistence	Freedom
Prosperity	Choice	Trustworthiness	Dedication
Honesty	Security	Loyalty	Attraction
Commitment	Competition	Success	Strength
Integrity	Adventure	Respect	Beauty
Friendship	Happiness	Compassion	Confidence
Determination	Enthusiasm	Challenge	Fun
Independence	Joy	Courage	Ecstasy
Love	Excitement	Growth	Creativity
Flexibility	Discipline	Spiritual Unity	Communication

# LIST OF 10 POSITIVE VALUES

Name: \_\_\_\_\_

LIST YOUR 10 SELECTIONS IN ALPHABETICAL ORDER BELOW

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_

# RANKING POSITIVE VALUES

Name: \_\_\_\_\_

Write your top 10 positive values in alphabetical order - vertically in the left hand column and horizontally across the top.  
 Taking each column at a time, compare the value at the top with each of the values on the left hand side, e.g. Compare A against 2, 3, 4 . . . , B against 1, 3, 4 . . .  
 If the value at the top is **MORE** important for you to **HAVE**, put a plus (+) in the box; if it is **LESS** important, give it a minus (-). Then count the number of plusses under each value across the top and place that number under the value at the top.

Positive Values											
		Compare Against ▼									
		A	B	C	D	E	F	G	H	I	J
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											

## NEGATIVE INFLUENCES LIST

Read through the words of Negative Influences and select **10** that you consider to be very important for you to **AVOID**. If there are words that you believe would better reflect your opinion of important influences for you to **AVOID**, please add them to the list.

Once you have developed a list of your top ten, write them alphabetically in the horizontal row and alphabetically in vertical column on the Ranking Negative Influences page.

Starting with the vertical column, compare the first value in the vertical column (labelled 1 – 10) with the first influence in the horizontal row (labelled A – J). Because they are the same, and therefore of equal importance to you to **AVOID**, the square is shaded; this is repeated throughout the worksheet.

Then compare the 1<sup>st</sup> vertical influence with the second horizontal influence and decide if the influence at the top in the horizontal row is **MORE** important for you to **AVOID**. If it is, put a plus (+) in the box; if it is **LESS** important, put a minus (-); for example, if the influence above box B is **MORE** important to **AVOID** than the influence next to box 1, put a + in the box and if it is **LESS**, put a – in the box .

Then compare the 1<sup>st</sup> vertical influence with the third horizontal influence and decide if the horizontal influence is **MORE** important for you to **AVOID**. If it is, put a plus (+); if it is **LESS** important for you to **AVOID**, put a minus (-).

Keep going in this way till you have a plus or a minus in all boxes. Then add up all the plusses under each horizontal letter and place it under the value listed. Then take the top 5 and insert them into the final page entitled “Top 5 Positive Values & Negative Influences”.

## IDENTIFICATION OF NEGATIVE INFLUENCES

**NOTE: Add any additional word you find compelling.**

Rejection	Anger	Humiliation	Worry
Depression	Regret	Misery	Sorrow
Frustration	Embarrassment	Despair	Poverty
Failure	Discouragement	Cynicism	Rigidity
Self-Doubt	Hostility	Pessimism	Sadness
Bitterness	Futility	Gloom	Resignation
Anxiety	Criticism	Despondency	Judgment
Loneliness	Greed	Jealousy	Condemnation
Guilt	Lethargy	Suspicion	Disinterest
Disappointment	Ostracism	Withdrawal	Fear of (Specify)

# LIST OF 10 NEGATIVE INFLUENCES

Name: \_\_\_\_\_

LIST YOUR 10 SELECTIONS IN ALPHABETICAL ORDER BELOW

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

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# RANKING NEGATIVE INFLUENCES

Name: \_\_\_\_\_

Write your top 10 negative influences in alphabetical order - vertically in left hand column and horizontally across the top.  
 Taking each column at a time, compare the influence at the top with each of the influences on the left hand side, e.g. Compare A against 2, 3, 4 . . . , B against 1, 3, 4 . . .  
 If the influence at the top is **MORE** important for you to **AVOID**, put a plus (+) in the box; if it is **LESS** important, give it a minus (-).  
 Then count the number of plusses under each influence across the top and place that number under the influence at the top.

<b>Negative Influences</b>  Against ▼      Compare ►		A	B	C	D	E	F	G	H	I	J
		1									
2											
3											
4											
5											
6											
7											
8											
9											
10											

# TOP 5 POSITIVE VALUES & NEGATIVE INFLUENCES

Name: \_\_\_\_\_

Rank	Positive	Negative
1		
2		
3		
4		
5		

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