

YOUR PERSONAL VALUES

This exercise will help you identify the values most important to you. The goal is to get to 5-10 core values.

- 1.** Think about what characteristics are most important to you? What behaviours do you really value in other people: these tend to be things we value for ourselves too!
Write these down.
- 2.** Consider what things really upset you. Knowing what upsets you is a good indicator of what really matters to you.
Write down the opposite of what upsets you.
- 3.** Check out the list on page 2. Which words jump out at you?
Gather all these words from step 1, 2 and 3 together.
- 4.** Pick the 5-10 words that are most important to you.
If you are struggling to narrow it down, group similar words together and choose the one you relate to most strongly. Alternatively, compare different words against each other to pick the most important.
- 5.** Now you have your list of personal values!
Turning these into statements by can be helpful for making these into a useful guide for decisions and actions. For example:

Purpose: I live a proactive not a reactive life.
Growth: I pay attention to my progress, not just the end goal.
Appreciation: I always show my appreciation of others.

Please note, THESE ARE JUST EXAMPLES! Your words will undoubtedly be different, because like values, they are personal to you.

Review these statements: how well are you living to these right now? What do you need to do, to live them even more?

Note: There is not a 'correct' list of values. What it's important to you might not be to someone else. Considering this can help us understand others better when they don't behave in the way we might expect or want, or why others many not understand our motivation either.



VALUES LIST

Accomplishment	Diplomacy	Influence	Pride
Accountability	Discipline	Innovation	Purpose
Accuracy	Diversity	Inspiring others	Quiet
Achievement	Drive	Integrity	Quality
Acknowledgement	Duty	Intelligence	Rationality
Adaptability	Empathy	Intimacy	Recognition
Adventure	Empowerment	Joy	Relaxation
Aesthetics	Enthusiasm	Justice	Respect
Altruism	Environmentalism	Kindness	Responsibility
Authenticity	Equality	Knowledge	Risk-taking
Authority	Excitement	Laughter	Romance
Autonomy	Excellence	Leadership	Safety
Balance	Expertise	Learning	Security
Boldness	Fairness	Liberty	Sensitivity
Bravery	Fame	Love	Self-care
Calm	Family	Mastery	Self-control
Candour	Faithfulness	Moderation	Self-respect
Care	Fidelity	Mindfulness	Service
Challenge	Forgiveness	Nature	Simplicity
Change	Flexibility	Non-conformity	Sincerity
Charity	Freedom	Openness	Solitude
Collaboration	Friendship	Optimism	Spirituality
Comfort	Fun	Order	Spontaneity
Commitment	Generosity	Organisation	Stability
Communication	Global awareness	Originality	Style
Community	Grace	Partnership	Success
Compassion	Gratitude	Passion	Teamwork
Competence	Growth	Patience	Thoughtfulness
Competition	Harmony	Peace	Tolerance
Contentment	Health	Persistence	Transparency
Contribution	Helping others	Personal expression	Trust
Cooperation	Honesty	Perspective	Truth
Courage	Honour	Play	Understanding
Courtesy	Hope	Pleasure	Unity
Creativity	Humility	Positivity	Vitality
Curiosity	Humour	Power	Wealth
Dependability	Imagination	Precision	Wellbeing
Determination	Independence	Professionalism	Wonder and awe

