

Values Exercise

Being true to yourself is easier if you feel clear and confident about your values. Identifying your core beliefs is a crucial step in aligning your purpose, your dreams and your goals. Knowing what you believe and what matters most in life helps to stay courageous and focused as you navigate life's ups and downs en route to realising your magnificent vision.

These questions can help you identify and evaluate what is truly important to you. Answer each one thoughtfully, and then select your top 10 values:

1. Who is the person I respect most in life?
What are the values I admire the most about them?

2. Who is my best friend, and what are his/her top three qualities?

3. If I could have more of any one quality, what would it be?

4. Which three people in the world do I dislike the most and why?

5. Which personality trait, attribute or quality do people compliment me on the most?

6. What are the three most important values I want to pass on to my children or be remembered for?

7. The top 10 qualities of the "ideal" man or woman:

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Bring your values together...

Read through your answers. Are there any reoccurring themes? Taking what you've observed in others, what others have observed about you, what you want for others, and things you would fight for or against, create a list of your top 10 values (in any order) below.

My top 10 Values:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Prioritize your core values.

While they're all important which 5 would you fight for?

My 5 core values

1	_____
2	_____
3	_____
4	_____
5	_____

Tip – complete your values assessment every three months.



Examples of values...

Abundance	Cheerfulness	Creativity	Expressiveness	Humility	Order	Responsibility
Acceptance	Clarity	Curiosity	Fairness	Humour	Organization	Righteousness
Accountability	Cleanliness	Daring	Faith	Imagination	Originality	Risk-taking
Accomplishment	Collaboration	Decisiveness	Fame	Independence	Outcome	Romance
Accuracy	Longevity	Delight	Family	Influence	Orientation	Safety
Achievement	Love	Dependability	Fidelity	Ingenuity	Outstanding service	Security
Acknowledgement	Loyalty	Desire	Flexibility	Inner peace	Passion	Selflessness
Adaptability	Love	Determination	Flow	Innovation	Peace	Self-esteem
Adventure	Making a difference	Devotion	Focus	Insightfulness	Perceptiveness	Seriousness
Affection	Mastery	Dignity	Forgiveness	Inspiration	Perseverance	Service
Aggressiveness	Maturity	Diligence	Fortitude	Integrity	Persistence	Simplicity
Agility	Comfort	Discipline	Freedom	Intelligence	Personal growth	Sincerity
Alertness	Commitment	Discovery	Friendship	Intensity	Pleasure	Skill
Ambition	Communication	Discretion	Frugality	Intimacy	Poise	Speed
Anticipation	Community	Diversity	Fun	Intuitiveness	Positive attitude	Spirit
Appreciation	Compassion	Drive	Generosity	Inventiveness	Power	Stability
Assertiveness	Competence	Duty	Giving	Investing	Practicality	Strength
Attentiveness	Competition	Eagerness	Going the extra mile	Joy	Precision	Style
Audacity	Concentration	Education	Good-humoured	Justice	Preparedness	Systems
Awareness	Confidence	Effectiveness	Goodness	Kindness	Presence	Teamwork
Balance	Connection	Efficiency	Grace	Knowledge	Preservation	Timeliness
Beauty	Consciousness	Elation	Gratitude	Leadership	Privacy	Tolerance
Belonging	Consistency	Elegance	Growth	Learning	Proactivity	Tradition
Blissfulness	Contentment	Empathy	Guidance	Liberty	Progress	Tranquillity
Boldness	Content over fluff	Encouragement	Happiness	Logic	Prosperity	Trust
Bravery	Continuity	Endurance	Harmony	Meaning	Punctuality	Truth
Brilliance	Continuous	Energy	Hard work	Merit	Quality	Unity
Calm	Improvement	Enjoyment	Health	Mindfulness	Quiet	Variety
Candour	Contribution	Enthusiasm	Helpfulness	Modesty	Rationality	Well-being
Carefulness	Control	Equality	Heroism	Money	Recognition	Wisdom
Caring	Conviction	Excellence	Holiness	Motivation	Relationships	
Certainty	Convincing	Excitement	Honesty	Nonviolence	Reliability	
Challenge	Cooperation	Experience	Honour	Openness	Religion	
Change	Courage	Expertise	Hopefulness	Opportunity	Resourcefulness	
Charity	Courtesy	Exploration	Hospitality	Optimism	Respect	

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