

Values Identification Exercise

Step 1: Read through the list of values below, underline those that align with the way you think and feel as you live all aspects of your life. Feel free to add others that are important to you and are not included here.

Authenticity	Honesty	Security
Achievement	Humor	Self-expression
Accomplishment	Inclusiveness	Self-Respect
Adventure	Independence	Serenity
Affection	Influence	Service
Balance	Innovation	Spirituality
Beauty	Inspiration	Stability
Challenge	Integrity	Status
Change	Intellect	Stewardship
Collaboration	Intimacy	Teamwork
Community	Intuition	Thoughtfulness
Compassion	Joyfulness	Tradition
Competence	Justice	Tranquility
Competition	Knowledge	Transformation
Connection	Laughter	Transparency
Completion	Leadership	Trust
Contribution	Learning	Truth
Cooperation	Legacy	Uniqueness
Courage	Love	Usefulness
Creativity	Loyalty	Variety
Decisiveness	Magic	Virtue
Dependability	Meaningful work	Visionary
Democracy	Money	Vitality
Diversity	Nature	Wealth
Effectiveness	Openness	Wisdom
Efficiency	Organization	
Enjoyment	Partnership	
Equality	Patience	
Ethical Practice	Peace	
Excellence	Personal Growth	
Expertise	Perseverance	
Fairness	Planning	
Faith	Pleasure	
Family	Power	
Financial gain	Privacy	
Fitness	Professionalism	
Freedom	Prosperity	
Friendship	Quality	
Fun	Recognition	
Generosity	Reflection	
Growth	Relationships	
Happiness	Reputation	
Harmony	Resilience	
Health	Respect	
Helping others	Safety	

Step 2: Your Top 5 - 7 Values:

Choose the 5 - 7 values that are the most important to you and your life. These are ones that you would consider your core values and non-negotiable, i.e. they would be the “deal-breakers” for you, ones that you would refuse to compromise in a situation.

1.

2.

3.

4.

5.

6.

7.

Consider these questions to help you explore and understand how your values shape your life:

- How do your values relate to each other?
- What do they look and feel like in action?
- How might your values influence others around you?
- What might compromise your values?
- What does it cost you when your values are compromised?
- What might help you hold true to your values?
- What are some simple actions can you take to live in harmony with your values personally and professionally?
- What supports or resources do you need to take those actions?
- What have you discovered from this values exercise?