

Exploring my values



Directions

Your values are what's important to you in life. Knowing your values helps you understand what drives you – what you enjoy, what inspires you and what you would like more of.

By building a life and lifestyle around your values you create a life that's more joyful and meaningful and one which expresses the very best of who you are.

Values change over time, and deepen as you understand yourself better – they're always moving. Your values can also be situational - so what's true for you at work may not be the priority for you at home.

The values "List" below is ONLY to give you some ideas of sample values. We are each unique, so there will undoubtedly be words that are missing from this list, and different words that sum up your values better. **Remember:** When it comes to **values**, there is no right or wrong – only who YOU are!

1. Underline any word in the list that feels important to you or add your own if you wish.

Accomplishment	Directness	Honour	Resilience
Accuracy	Discovery	Humour	Respect
Acknowledgement	Ease	Idealism	Responsibility
Achievement	Effortlessness	Independence	Resourcefulness
Adventure	Empowerment	Innovation	Romance
Affection	Enthusiasm	Integrity	Safety
Arts	Environment	Intellectual status	Security
Authenticity	Excellence	Intuition	Self-esteem
Balance	Fairness	Joy	Self-reliance
Beauty	Family & friends	Kindness	Self-respect
Boldness	Flexibility	Learning	Service (to others, society)
Calm	Ethical practice	Listening	Simplicity
Challenge	Focus	Love	Spirituality
Change	Forgiveness	Loyalty	Spontaneity
Collaboration	Freedom	Meaning	Status
Community	Friendship	Money	Strength
Compassion	Fun	Optimism	Success
Concern for others	Generosity	Orderliness	Tact
Confidence	Gentleness	Participation	Teamwork
Connectedness	Groundedness	Partnership	Thankfulness
Contentment	Growth	Passion	Tolerance
Communication	Happiness	Patience	Tradition
Contribution	Hard work	Peace	Trust
Cooperation	Harmony	Personal growth	Unity
Courage	Having a family	Presence	Variety
Creativity	Health	Productivity	Vitality
Curiosity	Helpfulness	Purpose	Wisdom
Determination	Honesty	Recognition	

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2. Note down your top 5 values and spend a little time thinking about how they make you feel. Write a couple of thoughts about why each of these values is important to you.

1.

2.

3.

4.

5.

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3. Consider your number one (1) value. How does this value relate to your past decisions? Write about one decision that this value may have or should have influenced in your work or home life.

4. For this month, pick one value that you would like to work on raising the profile of in your life. The physical practice is: feet hit the floor – I am that (insert number one (1) value). End of the day journal – how did I live that value today?



It's important to be heroic, ambitious, productive, efficient, creative, and progressive, but these qualities don't necessarily nurture soul. The soul has different concerns, of equal value: downtime for reflection, conversation, and reverie; beauty that is captivating and pleasuring; relatedness to the environs and to people; and any animal's rhythm of rest and activity."

-Thomas Moore