

Understanding my Values

You live your life in accordance with your values – things that you believe, feel and think are important in yourself (and others) – in how you live your life and how you make decisions (at work and in life).

01

YOUR VALUES: Consider the following list of potential values. Circle all those that apply to you. If your values don't appear on this list, add your own to the blank space.

Balance	Assertiveness	Awareness	Boldness	Bravery
Calmness	Candor	Challenge	Flow	Flexibility
Agility	Adaptability	Acceptance	Creativity	Dependability
Beauty	Abundance	Achievement	Adventure	Happiness
Family	Fashion	Fearlessness	Fun	Excellence
Energy	Control	Compassion	Commitment	Spirituality
Clarity	Comfort	Belonging	Benevolence	Being of service
Zeal	Humour	Economy	Education	Perfection
Vivacity	Courtesy	Effectiveness	Efficiency	Perseverance
Warmth	Cooperation	Encouragement	Generosity	Credibility
Vision	Frankness	Fortitude	Focus	Courage
Professionalism	Honesty	Fitness	Independence	Empathy
Humility	Growth	Gratitude	Grace	Friendly
Dreaming	Dignity	Determination	Giving	Inquisitive
Discipline	Prosperity	Dominance	Devotion	Stability
Curiosity	Open-minded	Proactive	Drive	Selflessness
Cunning	Daring	Decisiveness	Duty	Lively
Consistency	Confidence	Connection	Integrity	Useful
Imagination	Helpful	Spontaneous	Unique	Learning
Consistency	Confidence	Connection	Integrity	Useful
Imagination	Helpful	Humour	Unique	Learning
Sharing	Prudent	Vitality	Expertise	Meticulous
Harmony	Health	Traditional	Hopefulness	Capable

Heart	Optimism	Honour	Hospitality	Self-Control
Sincerity	Pragmatic	Willingness	Sensitive	Security
Solitude	Diversity	Wisdom	Mellow	Sacrifice
Intuition	Diligence	Mindfulness	Self-reliant	Caring
Thoughtful	Persistence	Reliable	Supportive	Logic
Kind	Leadership	Loyal	Knowledge	Resilient
Resilient	Punctual	Respect	Resourceful	Enthusiastic
Structured	Realistic	Fairness	Justice	Strong
Understanding	Power	Practicality	Grateful	Success
Playfulness	Acknowledgement	Trustworthy	Inventive	Joyous
Originality	Innovative	Organised	Thrifty	Truth
Making a difference	Financial independence			

02

TOP 10 VALUES: Go through your circled list. Pick out your top 10. Then look at your new Top 10 list and rank them from 1 - being the most important to you.

03

THE VALUES THAT *DRIVE* YOU: List the top 1-3 values that are most important to you, and you feel drive your behaviour.

Your Value	Importance

The Values most important to me & that drive my behaviour are: