

Identify my Values Worksheet



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). What is important to you?

1. Read through all the values listed in the table below and circle any that are important to you. I've left a few empty spaces for you to write your own if you think of something not on the list.
2. Now go through the values you've circled and pick out your top 10-15, and write them below the table, in the space provided.
3. Considering the values in this new list, put a number beside each one, starting from 1 being the most important to you.
4. Finally, write the top 5 in your final VALUES statement table.

1. List of Values

Balance	Assertiveness	Awareness	Boldness	Bravery
Calmness	Candor	Challenge	Flow	Flexibility
Agility	Adaptability	Acceptance	Acknowledgement	Dependability
Beauty	Abundance	Achievement	Adventure	Happiness
Family	Fashion	Fearlessness	Fun	Excellence
Energy	Control	Compassion	Commitment	Spirituality
Clarity	Comfort	Belonging	Benevolence	Being of service
Zeal	Creativity	Economy	Education	Perfection
Vivacity	Courtesy	Effectiveness	Efficiency	Perseverance
Warmth	Cooperation	Encouragement	Generosity	Credibility
Vision	Frankness	Fortitude	Focus	Courage
Professionalism	Honesty	Fitness	Financial 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	Humour	Unique	Learning
Independence	Prudent	Vitality	Expertise	Meticulous
Harmony	Health	Traditional	Hopefulness	Capable
Heart	Optimism	Honour	Hospitality	Self-Control
Sincerity	Pragmatic	Willingness	Sensitive	Security
Solitude	Diversity	Wisdom	Spontaneous	Sacrifice
Sharing	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	Making a difference	Practicality	Grateful	Success
Playfulness	Mellow	Trustworthy	Inventive	Joyous
Originality	Innovative	Organised	Thrifty	Truth
Power	Intuition			

2. Your Top 10-15

Your value	Importance to you Ranking (1 most important)

3. Your Values

The values that are important to me in how I live my life and in my work are:

I value _____, _____, _____, _____, and _____.

