Values exercise

Step 1 Identify your values

Go through the list on the next page and mark each value as:
V Very important to me

Q Quite important to me

N Not particularly important to me

There are spaces for you to add in your own values if you wish.

Step 2: Define your top five values

Go back through the list, review all your Very Important values, and select the five that are most important to you, at this stage of your life. Reflect on what each value means to you, and how you might live this value out in your day-to-day life and work.

1.
2.
3.
4.
5.

Step 3: Reflect on compromises and changes

Are there any important values that feel as if they are being continually compromised in your life? These compromises are often a cause of stress. Are there changes that you can make in the short, medium, or longer term that will make it easier to live out this value?

Values List

VALUE	V/Q/N	VALUE	V/Q/N
Acceptance		Honesty	
Achievement		Hope	
Adventure		Humility	
Assertiveness		Humour	
Autonomy		Independence	
Beauty		Innovation	
Caring		Integrity	
Challenge		Intelligence	
Collaboration		Justice	
Communication		Love	
Compassion		Loyalty	
Competence		Open-mindedness	
Competition		Order	
Connection		Patience	
Courage		Power	
Creativity		Productivity	
Curiosity		Prosperity/wealth	
Dependability		Reciprocity	
Discipline		Recognition	
Diversity		Respect	
Effectiveness		Responsibility	
Empathy		Risk taking	
Equality		Safety	
Fairness		Self-awareness	
Health		Self-Control	
Family		Self-development	
Fitness		Self-respect	
Flexibility		Sensuality	
Forgiveness		Service	
Freedom		Simplicity	
Friendship		Spirituality	
Fun		Strength	
Generosity		Supportiveness	
Gratitude		Teamwork	
Growth		Trust	
Hardworking		Truth	
Harmony		Wisdom	