

identifying your values

Part 1 – Identifying your values

To identify and understand what our values truly are can be a very challenging exercise because they are central to who we are and who we want to be.

Steps

1. Review the values in the list below and the attributes that each value has.
2. Place a mark against the individual attributes that really resonate with you.

Value	Attributes						Total
Love	passion	playfulness	connection	self-love	compassion	unity	
Success	achievement	pride	self-worth	contribution			
Freedom	self-expression	independence	openness	autonomy	uniqueness		
Connection	intimacy	belonging	honesty	teamwork			
Security	trust	loyalty	confidence	control			
Variety	flexibility	adventure	courage	excitement	adaptability	diversity	
Empowered	confidence	self-esteem	fulfilment	self-worth			
Passion	excitement	fulfilment	aliveness				
Trust	faith	comfort	ease	certainty			
Compassion	kindness	empathy	generosity	gratitude			
Wellbeing	health	vitality	energy	balance			
Peace	presence	contentment	balance	equanimity			
Significance	contribution	charity	influence	gratitude	recognition		
Balance	flexibility	wholeness	harmony	variety			
Growth	wisdom	progress	expansion	development	movement		
Joy	delight	humour	happiness	fun			
Creativity	inspiration	curiosity	power	innovation			
Resilience	perseverance	hope	strength	positivity			
Responsibility	contribution	choice	empowerment	providing	reliability		
Integrity	authenticity	alignment	truth	reliability			

Steps continued...

3. Add up how many you have in each row.
4. Place the total in the column.
5. See if you can narrow your list to your top 5 values list.
6. See if you can narrow your list of values to between 3 top values.

If you have trouble, you might want to compare one against another. And ask yourself “which would I choose if I could only choose one”. You can keep comparing your list until you narrow the choices down to your top few.

Questions / Reflection:

Do you currently spend your time, energy and money on the things that you value most?

Part 2 – Optional Extended Activity

Aligning your Action with your Values

Exercise- let's consider how you spend your time and money on an average day.

Steps:

- Make a list of all the things that you spend your time and money on within an “average” day.
- Make sure you include all activities from the moment you get up to when you go to bed.
- Next to each of these things you've listed, ask yourself which of your values this activity or purchase reflects.
- For example, yoga class – may align with your value of wellbeing. Time with the kids may align with value of love. Walking to work may align with wellbeing. Work may align with significance.
- If you find that you can't align a value to things that you have done or purchased, that's okay – this exercise is meant to help you identify these things.
- Review your list. Are you spending most of your time and money in ways that are meaningful to you, or is your day full of activities and purchases that don't actually align with your core values?
- Define one small action for each of your values. Pick something that's simple and easy to do, but choose one bitesize action for each of your values and promise yourself to follow through on those actions within one week.

Want to extend even further?

- Do the values exercise with your partner. Have a conversation about the similarities and differences in your values, what they mean to you and how you would both like to integrate it into your everyday lives.