

VALUES EXERCISE

INSTRUCTIONS

- Your Values represent 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'd like more of.
- By **building a life & lifestyle around our values** we create a **life that is satisfying and meaningful** to us.
- **IMPORTANT:** Values change over time, and deepen as you understand yourself better - they are always moving. Your Values can also be situational eg. what's true for you at work may not be true for you at home.
- Finally, the Sample Values List below is **ONLY** to give you ideas. 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. So feel free to amend or add to the words in the list below.

- | | | |
|--------------------|-------------------|---------------------|
| 1. Accomplishment | 34. Focus | 67. Presence |
| 2. Accuracy | 35. Forgiveness | 68. Productivity |
| 3. Acknowledgement | 36. Freedom | 69. Recognition |
| 4. Adventure | 37. Friendship | 70. Respect |
| 5. Authenticity | 38. Fun | 71. Resourcefulness |
| 6. Balance | 39. Generosity | 72. Romance |
| 7. Beauty | 40. Gentleness | 73. Safety |
| 8. Boldness | 41. Growth | 74. Self-Esteem |
| 9. Calm | 42. Happiness | 75. Service |
| 10. Challenge | 43. Harmony | 76. Simplicity |
| 11. Collaboration | 44. Health | 77. Spaciousness |
| 12. Community | 45. Helpfulness | 78. Spirituality |
| 13. Compassion | 46. Honesty | 79. Spontaneity |
| 14. Comradeship | 47. Honour | 80. Strength |
| 15. Confidence | 48. Humour | 81. Tact |
| 16. Connectedness | 49. Idealism | 82. Thankfulness |
| 17. Contentment | 50. Independence | 83. Tolerance |
| 18. Contribution | 51. Innovation | 84. Tradition |
| 19. Cooperation | 52. Integrity | 85. Trust |
| 20. Courage | 53. Intuition | 86. Understanding |
| 21. Creativity | 54. Joy | 87. Unity |
| 22. Curiosity | 55. Kindness | 88. Vitality |
| 23. Determination | 56. Learning | 89. Wisdom |
| 24. Directness | 57. Listening | 90. _____ |
| 25. Discovery | 58. Love | 91. _____ |
| 26. Ease | 59. Loyalty | 92. _____ |
| 27. Effortlessness | 60. Optimism | 93. _____ |
| 28. Empowerment | 61. Orderliness | 94. _____ |
| 29. Enthusiasm | 62. Participation | 95. _____ |
| 30. Environment | 63. Partnership | 96. _____ |
| 31. Excellence | 64. Passion | 97. _____ |
| 32. Fairness | 65. Patience | 98. _____ |
| 33. Flexibility | 66. Peace | 99. _____ |

Remember: When it comes to our Values, there is no right or wrong - only who WE are!

"You just decide what your values are in life and what you are going to do, and then you feel like you count, and that makes life worth living. It makes my life meaningful." Annie Lennox