

## DISCOVER YOUR VALUES EXERCISE

The Discover Your Values Exercise will help you identify the values by which you would ideally live your life. It is important that you think about the “ideal you” and the “real you” when completing this exercise. With some people, the real and ideal are closely matched, while others have real gaps. This exercise will be the first step in providing clarity around your alignment.

### INSTRUCTIONS:

1. Look through the list of values and select the top 15 that are the most important to you. There is a blank value listed as “other” in the event you don’t see a value in the list and would like to write your own.
2. Narrow down the top 15 to the top 10 values.
3. Then narrow down the top 10 to the top 5 values.
4. Once you have your top 5 values selected, provide an example of a time in your life when each of these values was present. This part of the exercise will either validate your list or cause you to re-think one or two of them.

<b>Honesty</b> To be truthful and forthright	<b>Community</b> Cooperating and identifying with others with shared interests	<b>Diligence</b> Steady and continual progress towards outcomes
<b>Diversity</b> Appreciation of individual differences	<b>Fun</b> Play, laughter and the ability to be amused	<b>Integrity</b> Being honest and having strong moral principles
<b>Enjoyment</b> I value the pursuit of pleasure and delight	<b>Freedom</b> Liberty to act and speak without restriction	<b>Dependability</b> To be reliable and trustworthy
<b>Happiness</b> Contentment, satisfaction and fulfillment	<b>Health</b> The importance of physical fitness and emotional well-being	<b>Growth</b> To keep changing and growing and challenging yourself
<b>Nurturance</b> Assisting others in need or hardship and being of service to others	<b>Independence</b> To be self-sufficient and free from dependence on others	<b>Competence</b> Commitment to being adequately or well qualified physically and intellectually
<b>Family</b> To have a happy, loving family	<b>Teamwork</b> Working with others to achieve a goal	<b>Helpfulness</b> Desire to aid and assist others
<b>Creativity</b> Imagination, inspiration and to have new and original ideas	<b>Education</b> Pursuing intellectual endeavors and gaining knowledge	<b>Intimacy</b> Maintaining close and deep relationships
<b>Ethics</b> Moral standards and principles of conduct	<b>Excellence</b> Achievement of quality and to be competent in my everyday activities	<b>Lifetime Learning</b> Formal and informal learning opportunities for continuous development and knowledge
<b>Justice</b> To promote fair and equal treatment for every individual	<b>Friendship</b> To have a network of close and supportive friends	<b>Knowledge</b> To learn and contribute valuable knowledge
<b>Meaningful Activity</b> The importance of pursuits that have purpose and lasting value	<b>Adventure</b> Participation in new and exciting experiences	<b>Leisure</b> Taking time to relax and enjoy life
<b>Security</b> The safety and comfort that comes from protection and certainty	<b>Solitude</b> Tranquility and peace and time to be apart from others	<b>Environment</b> Valuing nature and the need to care for and live in harmony with our planet
<b>Decisiveness</b> The ability to make firm and definitive decisions that provide clear direction	<b>Spirituality</b> Desire to understand one's inner soul and relationship with the world	<b>Order</b> To have a life that stays fairly consistent, well-ordered, and organized
<b>Faith</b> Devotion and dedication to a set of beliefs	<b>Truthfulness</b> Honesty, integrity and being forthright	<b>Care</b> Prudent approaches in all actions
<b>Work</b> Fulfillment of a duty to achieve a purpose	<b>Recognition</b> Being acknowledged and appreciated	<b>Popularity</b> To be well liked by many people
<b>Loyalty</b> Faithful commitment to people and ideals	<b>Respect</b> Ability to demonstrate admiration and esteem towards others	<b>Courage</b> Perseverance and bravery and the ability to face difficulties
<b>Leadership</b> The ability to motivate others towards the achievement of a goal	<b>Wealth</b> Security and freedom provided by accumulating assets	<b>Giving</b> Making monetary or time donations to benefit others
<b>Privacy</b> Free from intrusion and the right to confidentiality	<b>Variety</b> Embracing unpredictability in life, and the challenges and opportunities that change provides	<b>Other</b> If you don't see a value listed, feel free to come up with your own



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### TOP 15 VALUES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### TOP 10 VALUES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

### TOP 5 VALUES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# SHARE AN EXAMPLE OF HOW EACH OF YOUR TOP 5 VALUES SHOWS UP IN YOUR LIFE

VALUES

EXAMPLES FROM REAL LIFE

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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4. \_\_\_\_\_

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5. \_\_\_\_\_

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