

# Values Exercise

Think about a time when you were happiest.

- What were you doing?
- Who were you with?
- What else contributed to your happiness?

Now think about a time when you were proud of yourself

- What were you proud of?
- Who else shared in your pride?
- What contributed to you feeling proud of yourself?

Now think about a time when you were most content and satisfied.

- What gave you satisfaction?
- What meaning did that time have for you?

Consider what made those moments memorable for you. The core of those moments influences what you value and how you consider certain characteristics.

Using the list on the next page as a starting point, develop a list of your top 8 values. Do this quickly (10 minutes or less) without spending a lot of time deliberating between words. Feel free to add a word if a core value of yours is missing from the list. Ultimately, the final list will be ranked from 1-8, most important to less-but-still-important.

When you're done, list your final 8 here.

Core values (starting with most important):

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_

Acceptance	Competitiveness	Innovation	Calmness	Enthusiasm
Accomplishment	Complacency	Inspiration	Camaraderie	Equality
Accountability	Composure	Integrity	Capability	Evolution
Accuracy	Confidence	Intelligence	Challenge	Hopefulness
Ambition	Conformity	Intensity	Cheerfulness	Humility
Anticipation	Consistent	Intimacy	Clarity	Organization
Appreciation	Contentment	Introversion	Comfort	Originality
Assertiveness	Contribution	Intuition	Commitment	Thoughtfulness
Availability	Control	Joy	Community	Wonder
Awareness	Cooperation	Justice	Compassion	Privacy
Balance	Courage	Kindness	Competitiveness	Pragmatism
Beauty	Creativity	Leadership	Resilience	Precision
Belonging	Credibility	Learning	Resourceful	Excitement
Boldness	Curiosity	Legacy	Respect	Expertise
Bravery	Dependability	Liberty	Restraint	Exploration
Sacrifice	Desire	Logic	Results	Expressiveness
Satisfaction	Determination	Love	Sharing	Extroversion
Security	Diplomacy	Loyalty	Significance	Fairness
Self-control	Discipline	Making a difference	Silence	Frugality
Selflessness	Discovery	Perfection	Silliness	Fun
Self-reliance	Discretion	Persistence	Simplicity	Generosity
Sensitivity	Diversity	Persuasiveness	Sincerity	Goodness
Serenity	Dreaming	Playfulness	Solitude	Passionate
Service	Faith	Poise	Speed	Patriotism
Substantiality	Fame	Popularity	Spirituality	Peacefulness
Success	Family	Positivity	Spontaneity	Affluence
Sufficiency	Fearlessness	Practicality	Stability	Humor
Support	Fitness	Refinement	Stillness	Truth
Supremacy	Flexibility	Reflection	Strategic	Understanding
Utility	Focus	Relaxation	Strength	Uniqueness
Variety	Freedom	Reliability	Structure	Unity
Virtue	Friendliness	Remarkable	Wealth	Usefulness
Vision	Imagination	Surprise	Willingness	Trust
Vitality	Impact	Sustainability	Wisdom	Mastery
Drive	Impartiality	Sympathy	Warmth	Maturity
Duty	Independence	Tactfulness	Grace	Mindfulness
Education	Ingenuity	Teamwork	Gratitude	Modesty
Efficiency	Tolerance	Adaptability	Growth	Motivation
Empathy	Tranquility	Adventure	Happiness	Nurturing
Encouragement	Transformation	Affection	Harmony	Heroism
Endurance	Obedience	Reason	Health	Honesty
Energy	Open-minded	Recognition	Heart	Professionalism
Enjoyment	Optimism	Realism	Helpfulness	Proficiency
Entertainment	Recreation	Punctuality	Prosperity	Readiness

Review your top-priority values.

- Do these values reflect who you are?
- How do these values make you feel about yourself?
- How do these values represent what you support, even when your choice isn't in the majority or the popular choice?

Your values are core to who you are – and who you want to be. Your values may change over time, based on your experiences. Your values do not intrinsically hold judgement – they are not about good/bad, negative/positive, or worse than/better than someone else's values. They are simply what is true for you.

Being clear on your values can help you make decisions with more confidence, and it can help you consider whether your decisions align with your long-term goals. Being clear on your values can also help you identify why an action or situation “doesn't feel right” because it doesn't align with what is most important to you. Using your values as a guide in times of crisis or pivotal decisions can help you align your actions (decisions) with your thoughts (values).