

THE VALUE OF VALUES

- ✦ Your Values are deeply held view of what you find most important to you at a core level. Identifying your Values helps you understand what drives you and shapes your behaviors. By aligning our behaviors with our values, we create a life that is most satisfying and meaningful.
- ✦ Values are your Foundation. They can be drivers, influencers, guides, course correctors and decision-makers.
- ✦ The Values "List" below will give you some examples. We are each unique, so there will undoubtedly be words missing from this list, or different words that you might hold as a core value. If so, feel free to add those words to the list below.
- ✦ *NB.* Values change over time and deepen as you understand yourself better. Your Values can also be situational – so the values that are most important for you at work may not be identical to those in other parts of your life.

WORKSHEETS

Values Identification Exercise

INSTRUCTIONS:

- Choose 10 of your top values
- Narrow down to 3 - 5 Values or Value Themes (e.g./ some values may naturally combine (e.g./ Caring and Compassion))

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

Values Reflection Questions

INSTRUCTIONS

As you look at your top 3-5 identified values or value themes, work alone or with a friend and ask:

1/ How do these values show up – in your life? In your work? In your relationships?

2/ How consistently do you live with these values as your foundation?
(Pick a number on a scale of 1-10 for each area of your life)

3/ When do you /or have you ever compromised your values? If so, how did that feel?

4/ If your values are less important in certain areas of your life, what could you do to strengthen those values?

5/ What might change or shift if you allowed your values to drive your behavior in all areas of your life?

Creating Your Guiding Principle Statements

INSTRUCTIONS

From the values you chose, expand them into 3–5 Guiding Principles that will create your personal manifesto – of that which is important to align your life with. These statements will provide constant support and guidance to help you live your best life.

E.g. / I am honest and transparent in everything I say and do
I approach life with fun, humour and optimism
I strive for excellence always

1/ _____

2/ _____

3/ _____