

FIND YOUR VALUES

STEP ONE

From the list, identify the values that resonate with you. There will most likely be more than five the first time you do this (keep this list), and some might be similar or hold equal weight for you.

STEP TWO

From your first list of values, narrow this down to your top five core values. There might be something that you believe is a core value that is not on this list so you can always add that to your list instead.

STEP THREE

Write how you would define each value for you and a sentence about how it shows up in your life or how you would like it to show up more in your life.

ADVANCED VALUES EXERCISE

Take your core values, the list of all the values you identified with (sub-values), and fill in the worksheet after the Values List.

For each core value, list related sub-values (e.g. curiosity [core] with innovation [sub-value]) and 2-3 goals/activities that would give meaning to these values in your career and personal life.

VALUES LIST

Acceptance	Fairness	Peace
Accountability	Faith	Pleasure
Achievement	Family	Positivity
Advancement	Freedom	Power
Adventure	Friendship	Prestige
Affection	Focus	Privacy
Ambition	Forgiveness	Productivity
Authority	Fun	Purpose
Authenticity	Growth	Quality
Awareness	Harmony	Recognition
Balance	Health	Relationships
Beauty	Helping Others	Religion
Belonging	Honesty	Reputation
Caring	Humour	Responsibility
Challenge	Imagination	Resilience
Change	Impact	Results
Collaboration	Improvement	Risk
Community	Independence	Safety & Security
Compassion	Influence	Self-Respect
Competence	Initiative	Sensibility
Competition	Innovation	Sensuality
Confidence	Inspiration	Serenity
Connectedness	Integrity	Service
Contribution	Intellect/Intelligence	Sexuality
Control	Involvement	Sophistication
Cooperation	Knowledge	Spirituality
Contentment	Justice	Stability
Creativity	Leadership	Status
Curiosity	Learning	Success
Dignity	Listening	Sustainability
Diversity	Love	Teamwork
Empathy	Loyalty	Tolerance
Energy	Making a Difference	Tradition
Enthusiasm	Meaningful Work	Trust
Environmental Awareness	Money	Unity
Equality	Nature	Variety
Ethics	Openness	Wealth
Excellence	Opportunities	Winning
Excitement	Organisation	Wisdom
Expertise	Originality	

ADVANCED VALUES WORKSHEET

CORE VALUE	SUB-VALUES
CAREER	PERSONAL
CORE VALUE	SUB-VALUES
CAREER	PERSONAL
CORE VALUE	SUB-VALUES
CAREER	PERSONAL

CORE VALUE	SUB-VALUES
CAREER	PERSONAL
CORE VALUE	SUB-VALUES
CAREER	PERSONAL

