

## Tool description

### Instructions

The goal of this exercise is to increase awareness of what really matters to you by identifying your top five life values. Values are the answer to the questions: What's important to you in your life? What is your life's purpose? What do you enjoy doing? When do you feel satisfied and fulfilled? Being aware of your values by answering the above questions will help you navigate your life in the direction that you choose. You have the potential to live the life of your dreams, but how do you do this without looking inward? Understanding our own core values help guide us towards our passions and desires. Please complete the five steps below.

1. Take ten minutes to brainstorm what your own values are without referring to the list on the next page.

My values are:

.....

.....

.....

.....

.....

2. Review the values list on the next page and check those values that resonate with you.
3. This list is always a work-in-progress. If you wish, you may add other values from your brainstorming session or those that you think of along the way through this process:

.....

.....

.....

.....

.....



**Values list:**

- |                         |                     |                                 |
|-------------------------|---------------------|---------------------------------|
| Acceptance              | Fairness            | Peace                           |
| Achievement             | Fame                | Personal Development            |
| Advancement & Promotion | Family Happiness    | Personal Expression             |
| Adventure               | Fast Pace           | Planning                        |
| Affection               | Freedom             | Play                            |
| Altruism                | Friendship          | Pleasure                        |
| Arts                    | Fun                 | Power                           |
| Awareness               | Grace               | Privacy                         |
| Beauty                  | Growth              | Purity                          |
| Challenge               | Harmony             | Quality                         |
| Change                  | Health              | Radiance                        |
| Community               | Helping Others      | Recognition                     |
| Compassion              | Helping Society     | Relationships                   |
| Competence              | Honesty             | Religion                        |
| Competition             | Humour              | Reputation                      |
| Completion              | Imagination         | Responsibility & Accountability |
| Connectedness           | Improvement         | Risk                            |
| Cooperation             | Independence        | Safety & Security               |
| Collaboration           | Influencing Others  | Self-Respect                    |
| Country                 | Inner Harmony       | Sensibility                     |
| Creativity              | Inspiration         | Sensuality                      |
| Decisiveness            | Integrity           | Serenity                        |
| Democracy               | Intellect           | Service                         |
| Design                  | Involvement         | Sexuality                       |
| Discovery               | Knowledge           | Sophistication                  |
| Diversity               | Leadership          | Spark                           |
| Environmental Awareness | Learning            | Speculation                     |
| Economic Security       | Loyalty             | Spirituality                    |
| Education               | Magnificence        | Stability                       |
| Effectiveness           | Making a Difference | Status                          |
| Efficiency              | Mastery             | Success                         |
| Elegance                | Meaningful Work     | Teaching                        |
| Entertainment           | Ministering         | Tenderness                      |
| Enlightenment           | Money               | Thrill                          |
| Equality                | Morality            | Unity                           |
| Ethics                  | Mystery             | Variety                         |
| Excellence              | Nature              | Wealth                          |
| Excitement              | Openness            | Winning                         |
| Experiment              | Originality         | Wisdom                          |
| Expertise               | Order               |                                 |
| Exhilaration            | Passion             |                                 |



4. Now prioritize your values and make a selection of five of your most important values. List your top five values below:

I.  
.....

II.  
.....

III.  
.....

IV.  
.....

V.  
.....

5. Take about five to ten minutes to think about, or discuss with a friend or your coach, what each of the above values means to you. Then, generate a definition that resonates and makes sense to you.

*Value I:*  
.....

Means to me:  
.....

Is important to me because:  
.....

.....

.....

*Value II:*  
.....

Means to me:  
.....

Is important to me because:  
.....

.....

.....



*Value III:*

.....

Means to me:

.....

Is important to me because:

.....

.....

.....

*Value IV:*

.....

Means to me:

.....

Is important to me because:

.....

.....

.....

*Value V:*

.....

Means to me:

.....

Is important to me because:

.....

.....

.....