

Identify Values Exercise

First: Set a timer. You have four (4) minutes to strike through any of the values that do not resonate with you. These are values that while they may be nice, they are not particularly important to you and don't need your focus or attention. They do not energize you into action.

Second: You have 2 minutes to circle any of the values that resonate deeply with you. These are values that you find very important and want to be part of your life. Note: There may be values that you don't want to admit they are important to you, even though they are. Be honest with yourself and circle those that truly are important to you, not those that you think "SHOULD" be important.

Third: Of all the values you circled, identify your top eight (8). One way to determine your core values is to think about what happens when two values come in conflict with one another. For example, if you value both family and status, which would you honor if they came into conflict?

Fourth: Write one or two sentences for each of your eight values as to why they are important to you, give you energy. (Note: you may have experienced this value growing up, or it may be important to you because you did NOT experience this value growing up).

Lived Values List

- Authenticity – Being who I really am; not pretending to be someone I'm not
- Achievement – Successfully accomplishing goals that mean something to me
- Adventure – Pursuing new, exciting, and even risky experiences
- Autonomy – Having the freedom and power to do what I want; not relying on someone or something else
- Balance – Being steady and stable in my emotions and experiences
- Beauty – Being surrounded by sights and sounds that are aesthetically pleasing
- Compassion – Showing care and concern for others who are in need
- Challenge – Seeking out and overcoming difficulties
- Citizenship – Being a strong, contributing member of my community and country
- Community – Feeling connected to a group, tribe, or people living in my area
- Competency – Having what it takes, either in skills or knowledge
- Contribution – Making a difference in some lasting way
- Creativity – Using my imagination to invent, innovate, or craft something
- Curiosity – Seeking to know, learn, or understand
- Faith – Living according to my spiritual or religious beliefs; belief in God
- Fame – Being well-known and popular
- Family – Having good relationships with family members
- Friendships – Being in trusted relationships with people I care about and who care about me
- Fun – Doing what I enjoy and find entertaining
- Growth – Making progress toward becoming a better version of myself
- Happiness – Enjoying life; being content/satisfied
- Honesty – Telling the truth; conducting my life in a straightforward manner
- Humor – Finding the fun, light-hearted side of things; bringing a smile to me and other
- Influence – Making a positive difference in the lives of others
- Integrity – Being true to a set of moral principals
- Justice – righting things that are wrong; making sure others are treated fairly
- Kindness – Being considerate of others
- Knowledge – Gaining familiarity through study and experience
- Love – Feeling affection, attachment, and devotion to a person
- Loyalty – Feeling strong allegiance and support for a person, no matter what
- Meaningful Work – Having a job that contributes to a greater purpose beyond my paycheck
- Openness – Being receptive to new ideas
- Optimism – Having a hopeful attitude and belief that things will go well
- Peace – Being in a tranquil, undisturbed state emotionally and relationally
- Pleasure – Having my senses stimulated and satisfied
- Reputation – Being well-regarded by others
- Resilience – Able to overcome setbacks
- Respect – Being admired for my ability, qualities, or achievements
- Responsibility – Being the one who is accountable for something or someone
- Security – Being free from threat or danger
- Self-Respect – Being proud of who I am; feeling of honor and dignity
- Spirituality – Concern with the non-material aspects of life such as the soul
- Status – Having high social or professional standing
- Trustworthiness – Being reliable and truthful
- Wealth – Having an abundance of money and valuable possessions
- Wisdom – Having experience, insight, and good judgment
- Other –