



Values Exercise

Discover Your Values

Your values are the foundation of what's truly important to you in life. They guide your decisions, motivate your actions, and shape your experiences. Understanding your values helps you create a life that is deeply satisfying and meaningful. Values evolve over time and can vary depending on the context, such as work or home. The list below is a starting point to help you identify your core values.

How to Use This Resource

1. Reflect: Take some time to reflect on the values. Which ones resonate with you the most?
2. Prioritise: Identify your top 5-10 values that are most important to you.
3. Define: Write down what each of these values means to you personally.
4. Apply: Consider how you can integrate these values into your daily life and decision-making processes.
5. Review: Regularly review and update your values as they may change over time.

By aligning your life with your core values, you can create a more fulfilling and meaningful existence. Use this resource as a starting point to explore and define what truly matters to you.

My values

Sample Values List

- Accomplishment: Achieving goals and making significant progress.
- Accuracy: Ensuring precision and correctness in your work.
- Acknowledgement: Recognising and appreciating the efforts of others.
- Adventure: Seeking new experiences and exploring the unknown.
- Authenticity: Being true to yourself and living in alignment with your beliefs.
- Balance: Maintaining equilibrium in various aspects of life.
- Beauty: Appreciating and creating aesthetically pleasing environments.
- Boldness: Taking risks and being courageous in your actions.
- Calm: Cultivating a sense of peace and tranquility.
- Challenge: Embracing difficult tasks and pushing your limits.
- Collaboration: Working together with others to achieve common goals.
- Community: Building and participating in supportive networks.
- Compassion: Showing empathy and kindness towards others.
- Comradeship: Forming strong, supportive friendships.
- Confidence: Believing in your abilities and trusting your instincts.
- Connectedness: Feeling a sense of belonging and connection with others.

- Contentment: Being satisfied and at peace with your life.
- Contribution: Making a positive impact and giving back to others.
- Cooperation: Working harmoniously with others to achieve shared objectives.
- Courage: Facing fears and difficulties with bravery.
- Creativity: Expressing yourself through innovative and artistic means.
- Curiosity: Having a strong desire to learn and explore new ideas.
- Determination: Being resolute and persistent in pursuing your goals.
- Directness: Communicating openly and honestly.
- Discovery: Seeking new knowledge and experiences.
- Ease: Approaching life with a sense of comfort and simplicity.
- Effortlessness: Achieving goals with minimal struggle.
- Empowerment: Enabling others to reach their full potential.
- Enthusiasm: Approaching life with energy and excitement.
- Environment: Valuing and protecting the natural world.
- Excellence: Striving for the highest standards in your work.
- Fairness: Treating others with justice and impartiality.
- Flexibility: Being adaptable and open to change.
- Focus: Concentrating your efforts on specific goals.
- Forgiveness: Letting go of resentment and offering understanding.
- Freedom: Having the ability to make choices and live independently.
- Friendship: Building and maintaining strong, supportive relationships.
- Fun: Enjoying life and seeking joyful experiences.
- Generosity: Giving freely and being open-hearted.
- Gentleness: Being kind and considerate in your actions.
- Growth: Continuously learning and developing personally and professionally.
- Happiness: Experiencing joy and contentment in life.
- Harmony: Creating balance and agreement in your relationships.
- Health: Prioritizing physical and mental well-being.
- Helpfulness: Being willing to assist and support others.
- Honesty: Being truthful and sincere in your actions and communications.
- Honour: Upholding principles of integrity and respect.
- Humour: Finding joy and laughter in life.
- Idealism: Believing in the possibility of a better world.
- Independence: Being self-reliant and making your own decisions.
- Innovation: Seeking new and creative solutions.
- Integrity: Acting with honesty and strong moral principles.
- Intuition: Trusting your instincts and inner wisdom.
- Joy: Experiencing a deep sense of happiness and fulfilment.
- Kindness: Being compassionate and considerate towards others.
- Learning: Continuously seeking new knowledge and skills.
- Listening: Being attentive and receptive to others.
- Love: Cultivating deep, caring relationships.
- Loyalty: Being faithful and committed to your relationships and values.
- Optimism: Maintaining a positive outlook and hope for the future.
- Orderliness: Keeping things organised and tidy.
- Participation: Actively engaging in activities and communities.
- Partnership: Building collaborative and supportive relationships.
- Passion: Pursuing your interests with enthusiasm and dedication.
- Patience: Being calm and steadfast in the face of difficulties.
- Peace: Cultivating a sense of tranquility and harmony.
- Presence: Being fully engaged and aware in the present moment.
- Productivity: Achieving meaningful results through focused effort.
- Recognition: Acknowledging and appreciating the contributions of others.
- Respect: Valuing and honouring others' feelings and rights.
- Resourcefulness: Being creative and effective in solving problems.
- Safety: Ensuring security and protection for yourself and others.
- Self-Esteem: Having a strong sense of self-worth and confidence.

- Service: Dedicating yourself to helping and supporting others.
- Simplicity: Embracing a straightforward and uncomplicated lifestyle.
- Spaciousness: Creating room for growth and new experiences.
- Spirituality: Connecting with a deeper sense of purpose and meaning.
- Spontaneity: Being open to unexpected opportunities and experiences.
- Strength: Having the resilience and fortitude to overcome challenges.
- Tact: Communicating with sensitivity and diplomacy.
- Thankfulness: Expressing gratitude and appreciation.
- Tolerance: Being open-minded and accepting of others' beliefs and values.
- Tradition: Honouring and preserving cultural and familial practices.
- Trust: Building and maintaining reliable and honest relationships.
- Truth: Seeking and upholding honesty and authenticity.
- Understanding: Being empathetic and considerate of others' perspectives.
- Unity: Fostering a sense of togetherness and cooperation.
- Vitality: Having energy, enthusiasm, and a zest for life.
- Wisdom: Gaining insight and knowledge through experience and reflection.